

BBC

goodfood

January 2022
DHS15

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Middle East

Your Healthy Start to 2022

- + Pomegranate-cured gravlax
- + Mushroom eggs benedict
- + Harissa trout, beetroot & grapefruit salad with whipped feta

*Hearty
sharing
recipes*

**ARTY
CITY
BREAKS**

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culinary adventure



CPI

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Welcome!

Over the years, the month of January began with a serious overhaul of my diet, mainly due to the overindulgent festive season. This year, instead of consuming salads and soups for weeks – to lose the extra pounds – I'm focusing on nutritious meals packed with an abundance of fresh produce. The January issue reflects this ethos, and inside, you will find wholesome meals to make the most out of your festive leftovers (p18), alongside a delish Mushroom eggs benedict (p32) and a wide selection of fish and seafood recipes. For cosy nights in, make a batch of Hot chocolate (p36), Winter specials (p39) and a hearty loaf and tart with oats as the star ingredient (p50).



If you're hosting a gathering at home, turn to page 44 for pub grub from Tom Kerridge and healthy flavour-packed dinners that are sure to impress guests (p70). Those celebrating Orthodox Christmas, Burns Night and Chinese New Year, can also find special menus for the occasion. And since we're all waiting to travel extensively, once again, peruse our Arty city breaks (p78) for culinary-themed journeys.

Nicola Monteth
Editor

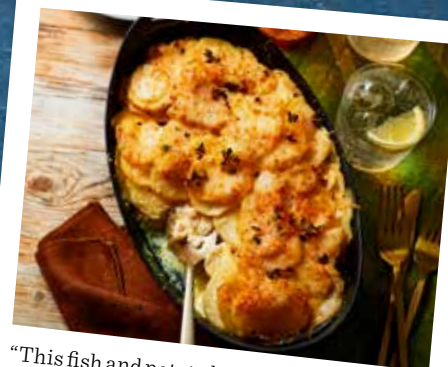
WHAT WE'RE LOVING!



"Burns Night brings back fond memories with family and friends. There's only one food I love to feast on for this occasion, Haggis!" says Sales manager, Liz.



Digital editor, Serena says: "I made the Spicy Pumpkin pickle over the holidays and it's one of my favourite accompaniments for a cheese board and toasties."



"This fish and potato bake is the ultimate winter warmer. I'll be freezing a big batch to tuck into this comforting dish on a busy weeknight," says graphic designer, Froilan.



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Get inspired and plan for the year ahead.



Our recipe descriptions

V Suitable for vegetarians.

❄ You can freeze it.

❄ Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:

P Contains pork.

gf YOUR SAY

We love hearing from you!



STAR LETTER



The Expo 2020 news interests me because food is always part of any country's identity. And serving authentic food at each country's Expo 2020 pavilion is a great way for visitors who cannot travel the world, to experience it. Serving the world's most expensive coffee from Jamaica at Jamaica Pavilion is a great example. I hope all the pavilions serve their authentic food and be proud of it.

Joel Lopez



Easy craft ideas! My daughter made the Christmas tree using napkins and glitter pasta decorations for her festive party in school. We were searching for some simple crafts, as it was a last-minute preparation, and there comes *BBC Good Food Middle East* with these time-saving ideas. My daughter enjoyed it a lot while doing the craft and she was really happy as her teacher appreciated her.

Lakshmi P



The whole issue being a festive theme was my favourite. I loved the recipes provided, with the Flourless Chocolate Fondant being my favourite, and I can guarantee it cause I definitely tried and tasted it.

Eldrich Ferns

WIN!

SATURDAY ROAST FOR FOUR AT THE NINE, SOFTEL DUBAI THE OBELISK, WORTH OVER AED500

Catch-up with loved ones and spend a memorable Saturday afternoon together as you tuck into a hearty roast prepared by chef Michael O'Shea. The Great British Roast features favourites such as a Prime Rib Eye of beef, Chicken with herb stuffing, Leg of lamb and more, complemented by seasonal vegetables, giant Yorkshire pudding, Cauliflower cheese croquettes and crispy Roasted potatoes. The go-to for British comfort food, The Nine is vibrant and eclectic both in atmosphere and design, offering hearty fare and a space to socialise after work, indulge over the weekends or catch your favourite game. One lucky winner can take three people along for Saturday Roast at The Nine.

To send in your Star Letter and win this prize, visit the Competitions page on bbcgoodfoodme.com



TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:



@bbcgoodfoodme

Or, you could write to us at: The Editor, BBC Good Food Middle East, Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.

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RAS AL KHAIMAH, AL HAMRA BEACH

NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East



MARK YOUR CALENDAR

The inaugural Middle East & North Africa's 50 Best Restaurants, to be hosted in Abu Dhabi in February, will showcase an exciting line-up of consumer-focused events that will bring some of the most celebrated chefs from around the world to the Middle East. Expect a unique dining experience on a private island located in Abu Dhabi (February 9), by Pia León of Central and Kjolle in Lima, Peru, currently The World's Best Female Chef. A series of '50 Best Chef Masterclasses' is set to take place on February 4, with acclaimed chefs such as Tim Raue of Restaurant Tim Raue in Berlin, Germany; Will Goldfarb of Room4Dessert in Bali, Indonesia; and Peru's Pia León, all showcasing their skills in front of a live audience. In addition to this, guests can expect a collaborative dining experience from February 4-8, with four-hand lunches and dinners, where Barbecue master Dave Pynt of Singapore's Burnt Ends and super-innovative pastry chef Will Goldfarb will create a truly memorable menu. The #50BestTalks, open to all food enthusiasts in the region, will see leading chefs, restaurateurs and culinary thinkers present, discuss and debate trends and food topics on February 5.

Visit theworlds50best.com for more information.



THE BEST BITES

Look no further than Here-O, an online sourdough donut delivery concept, created with local and international ingredients. With fruit from Al Awir, chai from Jumeirah, Tongan vanilla and matcha from Japan, Here-O offers a Vegan variation made with plant-based ingredients, using homemade oat milk. Each donut is made fresh, from scratch, daily.

hereodonuts.com.



SWEET SURPRISE

The perfect holiday gift for those celebrating Orthodox Christmas, Forrey & Galland's gorgeous gift boxes and hampers offer a decadent variety of handmade chocolates, cookies, cakes and more. The limited-edition festive collection features delicate blue, white and silver colours, in keeping with winter colours to suit the season. Take your pick from festive iced cookies, chocolate ginger sticks, snowflake cookies, festive chocolate boxes and the May box (seen here) containing 36 pieces of handmade chocolate.

AED400 for the May box at Forrey & Galland.

A SECOND CHANCE



Founded solely to rescue groceries that are considered 'ugly', and to support farmers and wholesalers with the sale of such fruit and vegetables, EroGo offers a quick, affordable and easy way to get fresh produce to your doorstep. Funny-shaped produce,

discoloured items, and ingredients close to the sell-by date are often overlooked - this causes food wastage. If you're aiming to be eco-conscious in 2022, get a fruit and/or veg box to suit your needs and shop sustainably. All produce is delivered weekly with minimal or no emissions where possible. In addition to this, you will also help reduce water waste and cut down CO2 emissions, making the world cleaner and more sustainable. And, for every box delivered, EroGo provides meals for two people facing hunger to help fight inequality. Order your commitment-free box of up to ten types of vegetables and five types of fruit.

Free delivery. Visit eroego.com.

NEW DINING EXPERIENCE



Social Distrikt – powered exclusively by cloud kitchen platform, Kitopi – is set to become the trending F&B concept at The Pointe, bringing together local favourites and globally established brands including Cougley, Japang, Pinsanity, Ichiban Sushi, Zaroob, Circle Café and Rock House Sliders, to name a few. Limestone Lab, an experience-driven hospitality group, has launched this urban food and bar hall to create multi-sensory offerings with views of The Palm Fountain, offering the best of grape gardens, gastro bars, dining lounges, social spaces, entertainment corners and culinary workshops under one roof.



SUSTAINABLE MOVE

FrieslandCampina, one of the largest dairy cooperatives globally, is the first of its kind to launch the Rainbow PET (polyethylene terephthalate) packaging within the Middle East. The new re-closable feature for the Rainbow evaporated milk packaging range offers great value, decreased wastage and higher storage convenience. FrieslandCampina is officially the first company in the dairy sector to produce sustainable bottles regionwide. Currently, the re-closable PET pack is available at stores across the KSA.

RASPBERRY PAVLOVA

by Claire Heitzler

USING FRENCH CREAM

"French dairy cream brings lightness to all my preparations, it is smooth, foamy and it enhances the other ingredients in my recipes"

INGREDIENTS

Meringue

100g egg whites
100g sugar
100g icing sugar

Vanilla Chantilly

250g european cream 35%
25g sugar
1/2 vanilla pod

To finish

1 lime
500g raspberries
20g sugar

APPLIANCES

Pipping bags
Whisk
Oven



PROCEDURE

Meringue

1. Beat the egg whites until stiff and gradually whisk in the sugar. Then add the icing sugar with a maryse. Pipe meringue into a flower shape and cook it for 10 min at 100 degrees, then for 1 hour at 80 degrees.

Vanilla Chantilly

2. Cut the vanilla pod in two and peel it in the cream. Gradually whisk in the sugar.

To finish

3. Squeeze half of the raspberries with the sugar to obtain a marmalade. Fill the bottom of the meringue flower with marmalade. Add the fresh raspberries and lay a beautiful rose window with chantilly. Peel lime zestes on the top of the pavlova.

Flavours of the month

What's hot and happening
around town this month

👉 ALBA TERRACE, THE ABU DHABI EDITION

The perfect way to start 2022! Gather friends and family for a four-hour experience on the terrace, complete with a Spritz, Burrata bar, fresh delights from the wood-fired oven by the poolside, and Alba Terrace seasonal classics. Soak up the winter sun and enjoy sharing-style plates, sweet treats and concoctions inspired by the Amalfi Coast, as you toast to the year ahead.

January 1, from 12-4pm. AED215 inclusive of soft beverages, AED325 inclusive of house beverages, AED445 inclusive of bubbly and AED550 inclusive of pool access and exclusive cabana seating. Contact +9712 208 0000.

👉 THE RESTAURANT AT ADDRESS FOUNTAIN VIEWS

With views of Burj Khalifa, delish food and drink, live jazz and a bird's eye view of a late afternoon show at The Dubai Fountain, the newly launched Lush Brunch is the place to hotfoot to on a Friday. Featuring 15 live stations serving oysters, cheeses from around the world and healthy salads, the brunch focuses on seasonal ingredients with something for everyone. Fill your plate with fresh seafood, delights from the live barbecue station on the terrace and plenty more. Pop-up concoction stations are situated throughout the venue, so stop by for a hand-crafted blend, and sing along to jazz tunes as you relax and indulge at this urban oasis.

Friday, from 12:30-4pm. AED295 inclusive of soft beverages and AED395 inclusive of house beverages. Children (6-11 years) dine at 50 per cent off, while those below 5 years dine free. Contact +9714 245 8888.

👉 AKIBA DORI



This local favourite has opened its doors at Yas Bay Waterfront, offering residents of Abu Dhabi a modern dining destination inspired by the food-halls and streets of Japan, complemented with the backdrop of neon lights and chill lo-fi hip-hop tunes. Dine indoors or al fresco where you can enjoy panoramic sunset views, and relish

sandos, Japanese curries including Chicken Katsu, sliders, gyozas and the delectable Wagyu truffle maki, amongst other specialities. Don't miss the Tokyo-style Neapolitan pizzas prepared in a Japanese wood-fire oven.

Contact +9714 770 7949.

Alba Terrace, The Abu Dhabi EDITION



👉 CHAMPAGNE AND TEA LOUNGE, DUKES THE PALM

Calling all sushi lovers! This spectacular lounge on The Palm now offers an exclusive sushi menu, comprising flavoursome and freshly prepared creations. Take your pick from a wide range of maki rolls including Tsurai tuna, Dynamite, Mango tapuri, California, and vegetarian variations. Asparagus and Daikon temakis are available alongside a selection of salmon, tuna, crabstick, and Smoked eel gunkans, nigiris, and sashimis. A great spot for after-work catchups.

Tuesday to Sunday, from 6-10pm. Contact +9714 455 1101.



👉 KRAVE

The renowned homegrown eatery, Krave, has opened its doors at Dubai Mall, offering wholesome meals to suit every palate. Known for its nutritious and wide variety, Krave has adopted eco-friendly strategies such as using recyclable packaging materials, growing as many fresh plants as possible at Krave locations, and serving a menu that caters to all diets with options from gluten-free to low-calorie, high-protein or low-carb. Menu highlights include the Shrimp risotto, Spicy chicken risotto, Dark chocolate cake and Skinny pistachio cheesecake apart from the classic favourites.

Visit eatkrave.com.

👉 MARRIOTT AL JADDAF

BnB presents its first-ever "BARRUNCH" - a brunch dedicated solely to sports lovers. Gather your friends and head there for live sports telecasts, board games and an a la carte menu serving dishes such as Edamame, Chicken wings, Calamari, and Tikka skewers, amongst others. Accompanied by unlimited house beverages, it's the perfect spot for a chilled-out Friday, hand-crafted creations and mouthwatering delights.

Friday, from 1-4pm. AED99 inclusive of soft beverages and AED199 inclusive of house beverages. Contact +9714 317 7777.



👉 KARMA KAFÉ

The iconic oriental dining experience has landed on the shores of Ras Al Khaimah, at Hampton by Hilton Marjan Island. Offering the best of Pan Asian delicacies alongside curated concoctions, this award-winning concept showcases a seamless blend of design, cuisine, mixology, and world-class entertainment programs. The terrace boasts uninterrupted views of the sea, where you and your friends can feast on sushi platters, small plates, and multi-influences from Chinese, Thai, Korean, Vietnamese and Japanese cuisines.

Visit karmakaferak.com.

👉 EQUALIZE

A brand-new F&B concept has opened its doors at Skydive Dubai and Deep Dive Dubai. The brand, developed by the creatives behind RAW Coffee Company, in partnership with Shamal Holding, has been designed specifically for these two iconic locations. The EQUALIZE Café, located on the first floor of Skydive Dubai, offers fresh coffee and light meals such as granola and acai bowls, quiches, pumpernickel and bagels, fresh salads, poke bowls, beef tartare, homemade focaccia sandwiches and desserts. EQUALIZE Restaurant presents a stunning modern space, natural light, and the visual impact of the underwater diving environment. The menu focuses on premium quality ingredients, providing fresh flavoursome food to fuel the body.

Visit equalizecafe.com.





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Tried & tasted

Our top dining experiences this month



THE HIDE, JUMEIRAH AL QASR

Hidden out of plain sight on the lower ground floor of the majestic Jumeirah Al Qasr, The Hide is the first culinary concept from Jumeirah Group to be reimagined in a series of major developments to its beachfront gastronomic portfolio.

The sophisticated deco-style grill and bar, that draws inspiration from old school glamour, offers ambient lighting, striking interiors and alluring décor. Vintage photographs adorn the walls indoors, with an ornate circular

bar to one corner and an open-plan grill offering a glimpse into the work of The Hide's culinary team. The outdoor terrace features intimate seating amidst a lush garden, which is where we chose to dine.

The highlights:

The menu is an impressive creation from Executive Chef Eric Turgeon, that boasts modern meat cuts, treasures from the sea, healthy grills, vegetarian plates and plant-based options. I have to admit, it took us a short while before we could decide on Appetizers, as every option looked delightful. The Grilled prawns with sauce vierge (a French sauce made with diced tomatoes, olive oil, herbs and lemon juice) and topped with micro herbs arrived shortly; followed by a Charred octopus with Sriracha yuzu and avocado purée. Each dish, distinct in its seasoning, texture and presentation, offered a fine start to our evening. The shelled Grilled prawns were cooked to perfection and featured summery notes and a mild tang; while the Octopus lent sweet and spicy notes, with a slightly crunch bite which paired beautifully with the creaminess of the avocado.

Take a peek at the beverage menu that is teeming with an innovative selection. Treat yourself to flavours from fresh grapefruit and pineapple, orgeat lime, lemon, ginger, lavender, cinnamon, orange, and even a deeper chocolate, for that after dinner nightcap. Stunning presentation aside, the balanced blend of essences allows for each ingredient to shine through.

Diners are offered options aplenty for mains, and my dining partner decided to indulge in a Cabassi Wagyu 350g ribeye with a Béarnaise sauce and Truffle mac n' cheese to accompany; while I opted for a lighter bite apt for a healthier January, an Alaskan halibut with Lemon butter and Sautéed baby spinach on the side.

The steak was buttery and luscious, while the halibut was sublime. Both were served with roasted garlic that squeezed out into a serving of sweet, nutty, garlicky goodness. If you are unsure about which side to order, we recommend the truffle mac n' cheese – a portion enough to share. Expect a rich, velvety, lush bite.

Dessert was a staff-recommended Crème brûlée with an Irish cream twist, topped with fresh strawberries, blueberries, blackberries and raspberries; and a striking Chocolate rocher comprising textures of chocolate, salted caramel, cookie crumble and macadamia nuts. Each a stunner in its own way, we polished our plates clean.

The verdict:

Perfect for date nights, friendly gatherings, cosy chats, business meetings and even a solo dinner.

Book now:

Daily from 6-10:30pm. Dine à la carte. Call +9714 432 3232.





SCHENGEN LOUNGE, LUXEMBOURG PAVILION, EXPO 2020 DUBAI

The Luxembourg Pavilion, nestled within the Opportunity District, is home to the Schengen Lounge. Expect a dining concept that offers a gateway into Luxembourgish cuisine. You can choose to arrive to the restaurant that is sited at ground-level, by walking around the side of the Luxembourg Pavilion; or if you're up for an adventure, enter the Pavilion and catch the fun playground slide that takes you down to the restaurant's door.

The restaurant is managed by Luxembourgish Michelin-starred Chef Kim Kevin de Dood, in collaboration with the Jumeirah Group; and has been developed by the Luxembourg School for Hospitality and Tourism, which allows 31 of its students to complete part of their practical work placement in the pavilion, alongside the head chef.

The Schengen Lounge story is one that takes inspiration from the idea of "open borders" within the Schengen Area. Chef Kim Kevin De Dood's gastronomical creations are influenced by the country's international community and diversity, allowing diners to relish contemporary Luxembourg on a plate.

The highlights:

Depending on the time of day or a diner's preference, you can choose your

meal from one of two menus – a light bites bar menu or the main menu. While we sipped on sparkling grape from Luxembourg, we perused the concise menu featuring a varied lunch and dinner section.

Our evening experience began with a scrumptious Snack platter for two comprising Crusted celeriac fritters with orange zest, Thai basil and a walnut cream that completely elevated the flavour of the fritters; Feierstengszalot (traditional Luxembourgish cold beef salad) which I almost did not want to share; a gorgeous Terrine of smoked river trout and crayfish; a classic Pâté with Riesling vinegar; and Gromperkichelcher (crisp potato pancakes) - which my partner inhaled in no time - accompanied by an apple compote. This generously portioned platter is perfect on its own if you're not feeling entirely ravenous.

If you have space for mains, give the Homemade kniddelen a try. These Luxembourgish dumplings with smoked duck breast, crispy skin, tarragon and chervil are served in a light duck jus. Warm, comforting and indulgent, the dish is perfect for this weather. Meat lovers can tuck into the Braised beef shortribs with a yuzu-kosho jus and russet potatoes fondants, complemented by a dollop of caramelized onion purée. The dish is glorious in itself, but the creamy caramelized onion is lush.



We shared the Café gourmand featuring petit desserts such as Verwurelter (deep-fried classic Luxembourgish sweet), a Quetschentaart (mini plum tart), Honey and fleur de sel crème brûlée, and Dark chocolate truffles, which offered an epicurean end to our dining journey to Luxembourg.

The verdict:

A great place to expand your palate range and receive an introduction to Luxembourgish cuisine. Expect robust dishes in a friendly atmosphere.

Book now:

Saturday to Wednesday from 12-11:30pm and Thursday to Friday from 12pm-12am. Visit expo2020dubai.com/en/plan-your-visit/where-to-eat/schengen-lounge.

COOKING PROJECT

Chicken stock



A supply of chicken stock in your fridge or freezer can make the difference between an average dinner and a fantastic one. It's the saving

grace when you need to pack flavour into soups, stews and risottos, so it's a skill that budding home cooks should learn. Spend a slow afternoon allowing a pot to simmer

away, and with very little hands-on time you'll have a rich and flavoursome stock. It's easy to double or even triple the recipe, too, if you want to make a batch for freezing.

Chicken stock

MAKES about 1 litre **PREP** 5 mins
COOK 3 hrs **MORE EFFORT** ✨

1kg chicken carcasses or wings
1 carrot, cut into chunks
1 onion, skin on, cut into quarters
1 leek, cut into chunks
1 stick of celery, cut into chunks
1 garlic clove, bashed
2 parsley stalks, 2 sprigs of thyme
and 1 bay leaf, tied with string
5 peppercorns
1 clove

Put all the ingredients in a large saucepan with a pinch of salt, then cover with 2 litres of cold water. Bring to the boil, then reduce to a simmer and cook for 3 hrs. Keep a ladle near your saucepan and skim off the scum that floats to the surface every half an hour and discard. Pass the stock through a sieve before use in a recipe. *Will keep in glass jars in the fridge for a week and for three months in the freezer in a freezer-proof container.*

GOOD TO KNOW healthy • gluten free
PER 100ML SERVING 18 kcals • fat 1g • saturates 0.3g •
carbs 0.4g • sugars 0.3g • fibre 0.3g • protein 1.5g •
salt 0.1g



Simply search
'chicken stock' at
bbcgoodfoodme.com
for recipe
ideas

HOW TO USE MY STOCK?

● Pot-roast a chicken

Pot-roasting a chicken is a fantastic method of preparation. It means slow-cooking it in the stock, which turns the meat soft and tender, just to the point when it starts to fall off the bone. Using homemade stock adds all the more flavour. Try our Spring one-pot roast chicken at: bbcgoodfoodme.com/recipes/spring-one-pot-roast-chicken/

● Add to a soup

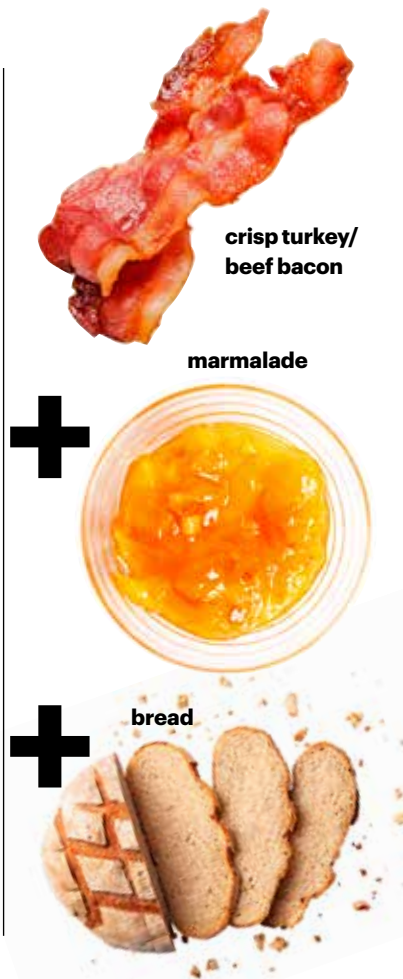
A simple soup can easily be pepped up by good stock – and remember, even if your soup recipe says to use vegetable stock, as long as you're not vegetarian, you can always swap it for chicken. Make a simple broth or noodle soup, or try our curried rice soup made with shredded roast chicken and coconut milk. You'll find it at: bbcgoodfoodme.com/recipes/creamy-curry-chicken-rice-soup

● Braise vegetables

Ditch tasteless boiled veg and instead, braise in homemade chicken stock until tender. The veg will soak up the deep savoury flavour of the chicken, so you shouldn't need extra seasoning. Fennel, pointed spring cabbage and long-stem broccoli work well. Or make boulangère potatoes (bbcgoodfoodme.com/recipes/boulangere-potatoes), a moreish side of thinly sliced potatoes, onions, thyme and stock.



SURPRISING FLAVOUR COMBINATIONS

YES IT WORKS!

Try ditching the ketchup and spread a little marmalade in your next bacon sarnie. It works because the bitter, sweet notes of the fruit offset the salty bacon.

CLEVER KITCHEN HACKS

The molasses in brown sugars can cause the grains to clump together if a pack is left unsealed. In that event, tip the sugar into a bowl, lay a damp sheet of kitchen paper over the top and cover the bowl with a plate. Microwave in 10-second blasts until the sugar is soft again. You can do this over and over, but if you store it in a tightly sealed container it should remain free-flowing.



MYTH BUSTER

Cooking pasta

THE MYTH
YOU NEED TO BOIL PASTA
IN THE BIGGEST PAN
YOU'VE GOT

BARNEY SAYS Every good cook knows that starchy pasta cooking water is the secret to a silky pasta sauce, right? It's the game-changer that turns a bit of parmesan and pepper into a sauce that you could swear was made with cream – and if you're not using it yet, you need to start now. The less water you use the starchier the water will be, so the better it is to marry the pasta with

the sauce. If you're worried about your pasta sticking, don't be. It just needs to be stirred for the first five minutes of cooking – it doesn't matter how much water you use as long as there's enough for the pasta to move freely. I find that about three times the volume of water to pasta is ideal for short shapes. Long pasta, like spaghetti, can be cooked in a wide shallow pan of water.



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■ fragrant coconut, salmon
& prawn traybake, page 34



midweek meals

Christmas leftovers

Use up the odds and ends
from your big day lunch
with our inventive ideas

recipes CASSIE BEST

photographs NEIL WATSON

Smoky ham
& lentil stew

Zingy
clementine,
turkey & peanut
salad

your shopping list

LEFTOVERS

510g roasted root vegetables
300g roast potatoes
200g cooked turkey or chicken
140g cooked ham or gammon
handful of mixed soft herbs

MEAT/FISH

70g smoked salmon

HERBS

2 small bunches of coriander
small bunch of parsley

FRUIT & VEGETABLES

3 limes
2 lemons
4 clementines
¼ red cabbage
1 red pepper
1 large onion
1 red onion
1 celery stick

8 spring onions
2 large leeks
2 garlic cloves
100g rocket
½ butternut squash
170g brussels sprouts

FROZEN

200g edamame beans

DAIRY/CHILLED

200g light crème fraîche or soured cream

4 eggs
2 tbsp hummus

STORECUPBOARD

2 tbsp peanut butter
2 tsp honey
50g peanuts
5 tbsp rapeseed or olive oil
2 tsp smoked paprika
1 tbsp Dijon mustard
200g pouch cooked puy lentils
2 tbsp curry paste

4 tbsp mango chutney
300g wholemeal spaghetti
½ tsp chilli flakes
1 tbsp tahini
2 tsp maple syrup
2 low-salt chicken or vegetable stock cubes
2 tsp light soy sauce
50g pumpkin seeds
200g pouch cooked grains (such as quinoa)

BALANCED

Smoky ham & lentil stew

SERVES 4 **PREP** 10 mins

COOK 25 mins **EASY** 

1 tbsp rapeseed or olive oil
1 large onion, chopped
1 celery stick, chopped
2 tsp smoked paprika
1 tbsp Dijon mustard
2 low-salt chicken or vegetable stock cubes or bouillon
140g leftover cooked ham or gammon, cut into chunks
350g leftover roasted root vegetables (such as potatoes, carrots, parsnips, celeriac or swede), chopped into chunks

200g pouch cooked puy lentils
small bunch of parsley, chopped
crusty bread, to serve

1 Heat the oil in a large pan over a medium heat and cook the onion and celery for 8-10 mins until tender. Add the paprika and mustard, cook for 30 seconds more, then crumble in the stock cubes and add the ham along with 1 litre water. Bring to a simmer, then bubble gently for 10 mins.
2 Tip in the root vegetables and lentils, then season to taste and continue to bubble everything for another 5-10 mins until the stew is piping hot. Just before serving,

stir in the parsley, then ladle into bowls and serve with crusty bread on the side for mopping up the stew.

GOOD TO KNOW low fat • low cal • fibre • vit c

• 2 of 5-a-day

PER SERVING 302 kcals • fat 12g • saturates 3g • carbs 28g • sugars 9g • fibre 9g • protein 17g • salt 1.9g

HEALTHY

Zingy clementine, turkey & peanut salad

SERVES 4 **PREP** 20 mins

COOK 3 mins **EASY**

200g frozen edamame beans
2 limes, zested and juiced
2 tbsp peanut butter
2 tsp light soy sauce
2 tsp honey
¼ red cabbage (about 220g), finely shredded
1 red pepper, thinly sliced
200g leftover cooked turkey or chicken, shredded
small bunch of coriander (or use mint or a mixture), leaves picked

4 clementines, peeled and sliced into rounds
50g peanuts, toasted and roughly chopped

1 Cook the edamame in a small pan of boiling water for 2-3 mins. Drain, then rinse under cold running water and drain again.
2 Combine the lime zest and juice, the peanut butter, soy sauce, honey and some seasoning in a large bowl to make a dressing, adding a splash of water if needed to loosen. Add the edamame, shredded cabbage, sliced pepper and shredded turkey to the bowl and toss everything together until well-coated.

3 Tip the salad onto a platter, then scatter with the coriander and clementine slices. Gently mix these into the salad with salad servers, being careful not to break the fruit up too much. Scatter over the peanuts just before serving.

GOOD TO KNOW healthy • low cal • folate • fibre

• vit c • 2 of 5-a-day

PER SERVING 354 kcals • fat 16g • saturates 4g • carbs 20g • sugars 16g • fibre 7g • protein 28g • salt 0.6g

BALANCED

Creamy smoked salmon pasta with lemon & rocket**SERVES 4** **PREP** 8 mins**COOK** 15 mins **EASY**

1 tbsp rapeseed oil
 2 large leeks, halved and finely sliced
 300g wholemeal spaghetti
 2 garlic cloves, chopped
 ½ tsp chilli flakes
 1 lemon, zested and ½ juiced
 200g light crème fraîche or soured cream
 70g smoked salmon, torn or chopped into pieces
 100g rocket

1 Heat the oil in a large frying pan over a medium-low heat and cook the leeks with a pinch of salt for 10 mins until the leeks are soft and translucent. Meanwhile, cook the spaghetti in a large pan of boiling salted water following pack instructions.

2 Add the garlic, chilli flakes and lemon zest to the pan with the leeks, increase the heat to medium-high and sizzle for a few minutes until aromatic. Stir in the lemon juice, crème fraîche, smoked salmon and a splash of the pasta cooking water and simmer for 1-2 mins until the salmon turns opaque. Season with black pepper and a little salt – remember the salmon will be salty.

3 Using tongs, transfer the pasta to the sauce, allowing a few splashes of the cooking water to come with it. Warm everything through until the sauce is silky and clinging to the spaghetti – you can add a little more of the water if the sauce becomes too thick. Add a few handfuls of the rocket and swirl it in using the tongs to encourage it to wilt a little. Serve the pasta in bowls with the remaining rocket on top.

GOOD TO KNOW low cal • fibre • 1 of 5-a-day
PER SERVING 429 kcal • fat 14g • saturates 6g •
 carbs 52g • sugars 3g • fibre 11g • protein 18g •
 salt 0.5g



BALANCED

Bombay potato cakes with fried eggs & mango chutney

SERVES 4 **PREP** 10-15 mins

COOK 10 mins **EASY** **V**

1 red onion, halved and thinly sliced
1 lime, juiced
2 tbsp rapeseed or olive oil, plus a drizzle
8 spring onions, chopped
300g leftover roast potatoes
160g leftover roasted root vegetables (such as carrots and parsnips)
2 tbsp curry paste (we used jalfrezi)
4 eggs
4 tbsp mango chutney
small bunch of coriander, leaves picked

1 Combine the onion with the lime juice in a small bowl and set aside to pickle. Heat a drizzle of oil in a frying pan over a medium heat and cook the spring onions for 5 mins until softened. Tip these into a bowl with the potatoes, root veg and curry paste. Season, then mash with a fork or potato masher until most of the lumps have been removed and the mixture holds together. Shape into four patties using your hands.

2 Heat 1 tbsp oil in the pan over a medium heat and cook the potato cakes for 3-4 mins on each side until crisp and golden. Transfer to a plate and cover to keep warm.

3 Heat the rest of the oil in the pan and fry the eggs to your liking, then season. Serve each potato cake with a fried egg, 1 tbsp chutney, some of the pickled onions and a sprinkling of coriander leaves.

GOOD TO KNOW fibre • vit c • 1 of 5-a-day •
gluten free

PER SERVING 396 kcal • fat 22g • saturates 3g •
carbs 34g • sugars 13g • fibre 6g • protein 13g •
salt 1.1g





BALANCED

Brussels sprouts grain bowl

SERVES 2 **PREP** 10 mins

COOK 35 mins **EASY** **V**

½ butternut squash (about 300g), peeled and chopped into 2cm cubes

1 tbsp olive oil

170g brussels sprouts, halved

1 tbsp tahini

2 tsp maple syrup

1 lemon, zested and juiced

50g pumpkin seeds

200g pouch cooked grains

(we used quinoa)

2 tbsp hummus

handful of soft herbs (coriander, parsley, mint or dill, or a mixture), roughly chopped

1 Heat the oven to 200C/180C fan/gas 6. Toss the squash in half the oil on one end of a baking tray. Season. Roast for 20 mins, stirring halfway. Add the sprouts to the other end of the tray, drizzle with the rest of the oil, season and roast for 15 mins more until the squash is tender and the sprouts crisp.

2 Mix the tahini, maple syrup, lemon juice and zest together in

a small bowl to make a dressing, adding a drizzle of water to loosen if it's too thick. Toast the pumpkin seeds in a dry frying pan over a low heat until they start to pop.

3 Heat the grains following pack instructions, then divide between two bowls. Top with the roasted veg, the hummus, pumpkin seeds and herbs. Drizzle with the dressing and toss everything together just before serving.

GOOD TO KNOW vegan • folate • fibre • vit c • iron • 2 of 5-a-day • gluten free

PER SERVING 628 kcs • fat 32g • saturates 4g • carbs 55g • sugars 16g • fibre 16g • protein 21g • salt 0.4g

DUKES

THE SUSHI LOUNGE

A Taste of Japan arrives at Dukes the Palm

The award-winning destination situated at the heart of Dubai, Dukes the Palm, a Royal Hideaway Hotel, offers a five-star escape into a world of glamour and exclusivity. For the season, the property's very own Champagne and Tea Lounge has launched its new menu of delectable sushi offerings. Available from 6 pm to 10 pm every evening from Tuesday to Sunday, guests can revel in a wide selection of flavourful and freshly prepared sushi, sashimi, nigiri, and many more.



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FESTIVE

Let's all share

Celebrating Orthodox Christmas? These easy ideas will wow your guests and keep the cook happy

recipes GOOD FOOD TEAM *photographs* YUKI SUGIURA

Extra-special hummus

Everyone's favourite dip gets a makeover here. This creamy, silky hummus is topped with bursts of pomegranate, pistachio and fresh herbs, ideal for a casual gathering with drinks.

SERVES 6 PREP 10 mins

NO COOK EASY V

400g can chickpeas
1 small garlic clove, crushed
2 tbsp tahini
1 tbsp extra virgin olive oil, plus a drizzle to serve
1 lemon, juiced
25g pistachios, chopped
25g pomegranate seeds
1 tsp black or white sesame seeds
pinch of chilli flakes or Aleppo pepper
handful of herbs, mint, parsley or dill work well

1 Drain the chickpeas over a bowl to catch the liquid. Tip the chickpeas

into a blender or food processor and blitz with the garlic, tahini, olive oil, lemon and a generous pinch of sea salt. With the motor running, trickle in half the chickpea water to create a smooth, creamy mixture. Season again with a little more lemon juice or salt, if you like. *Will keep chilled for up to two days.*

2 Spoon and swirl the hummus into a shallow bowl. Scatter with the chopped pistachios, pomegranate and sesame seeds, chilli flakes and herbs. Drizzle with a little olive oil. Serve with flatbreads and crudité.

GOOD TO KNOW vegan • gluten free

PER SERVING 143 kcals • fat 9g • saturates 1g • carbs 8g • sugars 1g • fibre 4g • protein 5g • salt 0.01g

Christmas nachos

Try this clever new way to use up your Christmas leftovers, including the remnants of your cheeseboard – stilton and all.

SERVES 4-6 PREP 15 mins

COOK 35 mins EASY

1 red onion, halved and thinly sliced
1 lime, juiced
pinch of sugar
4 sausages
6 rashers bacon
200g tortilla chips
200g cooked chicken or turkey, chopped
100g cranberry sauce
150g melty cheese, use anything from the cheeseboard such as cheddar, brie, red leicester or stilton
1 tsp olive oil
small bunch of sage, leaves picked

1 Mix the onion, lime juice, sugar and a generous pinch of salt in a small bowl. Set aside.

2 Heat the grill to medium-high and line a large baking tray with foil. Squeeze the sausagemeat from its skin and roll into small meatballs, you should get 5-6 per sausage. Arrange over the tray and grill for 8-10 mins, turning halfway

through cooking, until browned and cooked through. Tip into a dish and set aside.

3 Arrange the bacon on the same baking tray and grill until crisp, about 5 mins on each side. Remove to a plate and leave to cool. Turn off the grill and set the oven to 200C/180C fan/gas 6.

4 Pour away any juice or fat from the tray, but don't worry about washing it. Spread half the tortilla chips over the tray. Top with half the sausage balls, half the turkey, a few blobs of cranberry sauce and half the cheese. Scatter the rest of the tortilla chips, sausage, turkey, sauce and cheese on top then bake for 15 mins, until the cheese has melted.

5 Meanwhile, heat the oil in a pan over a medium-high heat and fry the sage leaves until crisp. Serve the nachos scattered with the pickled red onions, fried sage leaves and crumbled crispy bacon.

GOOD TO KNOW calcium

PER SERVING (6) 526 kcals • fat 31g • saturates 11g • carbs 31g • sugars 9g • fibre 3g • protein 28g • salt 2.3g





Roast potato fish pie

Ditch the traditional mash on your fish pie for a crunchy potato topping. Warming and luxurious, this makes a warming dinner for friends on New Year's Eve.

SERVES 6-8 **PREP** 15-20 mins
COOK 1 hr 20 mins **EASY**

6 tbsp vegetable oil
800g Maris Piper potatoes,
cut into 2cm chunks
20g butter
2 shallots, finely chopped
100ml non-alcoholic white wine
20g plain flour
275ml whole milk
1 tbsp Dijon mustard
200ml double cream
150g mature cheddar, grated
150g frozen peas
600g fish pie mix (ours had salmon,
smoked mackerel and cod)
small bunch of parsley,
finely chopped
1 lemon, zested and juiced
winter greens or salad, to serve

1 Heat the oven to 220C/200C fan/gas 7. Drizzle the oil over a large baking tray and slide into the oven to heat up. Tip the potatoes into a large pan, cover with water and season with salt. Bring to the boil, then reduce the heat and simmer for 8-10 mins. Drain and leave to steam-dry.

2 Carefully remove the baking tray from the oven and tip in the potatoes. Sprinkle with sea salt and black pepper and turn to coat in the oil. Roast for 35-40 mins until crisp, turning halfway through.

3 Meanwhile, make the filling. Melt the butter in a large saucepan over a medium heat and cook the shallots for 5 mins until softened. Pour in the wine and simmer for 2 mins until it has reduced. Sprinkle in the flour and stir until you have a paste.

4 Gradually whisk in the milk until you have a smooth sauce, then stir in the mustard and cream. Simmer for 2 mins, whisking occasionally. Tip in 100g of the cheese, the peas and fish pie mix, cover and cook for 8 mins more, stirring occasionally

until the peas have defrosted and the fish is almost cooked through. Stir in the parsley and lemon zest and juice, then season to taste.

5 Pour the filling into a deep 20 x 25cm casserole dish and scatter the roasted potatoes over the top. Sprinkle with the remaining cheese. Turn down the oven to 200C/180C fan/gas 6 and bake

the pie for 15-20 mins until the filling is bubbling at the edges. Serve with winter greens or a crisp salad.

GOOD TO KNOW calcium vit c
PER SERVING (8) 535 kJals fat 37g saturates 17g
carbs 22g sugars 5g fibre 3g protein 24g
salt 1.2g



Shoot director FREDDIE STEWART | Food stylist MYLES WILLIAMSON | Stylist LAUREN MILLER

Ultimate Christmas burger

If you're craving something comforting, these classic beef burgers are just the ticket. We've given them some extra-special seasonal touches, such as a blue cheese sauce topping.

SERVES 4 **PREP 30 mins**

COOK 30 mins **EASY** 

20g unsalted butter
1 banana shallot, finely chopped
500g 12% fat beef mince
40g fresh breadcrumbs
1 egg yolk
2 tsp English mustard
½ tsp cracked black pepper
8 thin slices of smoked pancetta
2 tbsp vegetable oil
4 brioche burger buns
4 tbsp cranberry sauce
chicory or salad leaves, to serve
For the blue cheese sauce
80g crumbled blue cheese (stilton works well)
1 tbsp mayonnaise
2 tbsp soured cream

1 Melt the butter in a frying pan over a medium heat until foaming, then fry the shallots with a pinch of salt for 10 mins until softened and translucent. Set aside to cool.

2 Tip the beef mince into a large bowl, then add the cooled shallots, the breadcrumbs, egg yolk, mustard, pepper and 1 tsp salt. Squish the mixture together using your hands until well-combined. Divide into four equal portions, weighing for accuracy, if you like, then form these into four burger patties. Keep covered in the fridge. *Will keep chilled for up to 48 hrs.*

3 Heat the grill to medium. Arrange the pancetta on a baking tray and grill for 3-4 mins until crisp.

4 Meanwhile, for the blue cheese sauce, combine the cheese, mayo

and soured cream together in a bowl. Season to taste and set aside.

5 Remove the pancetta from the grill and heat the oven to 220C/200C fan/gas 7. Heat the oil in a large frying pan over a medium heat and cook the burgers for 3 mins on each side until browned. Transfer to a baking tray and finish cooking in the oven for 10-12 mins until cooked through. Cover and leave the burgers to rest for 5 mins.

6 Toast the cut sides of the buns in a dry frying pan. Spread the bases with the cranberry sauce, lay the patties on top, add the blue cheese sauce, salad leaves and pancetta, then finish with the bun tops.

PER SERVING 835 kcal • fat 50g • saturates 21g • carbs 48g • sugars 16g • fibre 3g • protein 47g • salt 3.4g

TWIST IT

CHRISTMAS TURKEY BURGER

To give this burger a lighter turkey twist, swap the beef for **500g turkey mince** in step 2 and continue with the recipe as stated.



frozen assets

fish & potato bake

We've added smoked haddock to dauphinoise to make an easier, freeze-ahead fish pie

recipe BARNEY DESMAZERY photograph JAMES LEE

Smoked haddock dauphinoise

I love adding other ingredients to a classic dauphinoise potato base. You turn it into a vegetarian main course with celeriac, parsnips and squash, or add smoky ingredients like smoked fish, as with this version. It needs nothing more than a fresh watercress salad to serve alongside it.

SERVES 4 **PREP** 20 mins
COOK 40 mins **EASY** ✨

1kg Maris Piper or King Edward potatoes, peeled and sliced as thinly as possible
300ml double cream
1 tsp thyme leaves, plus extra to serve
25g parmesan, finely grated
300g skinless smoked haddock, cut into thin pieces
small knob of butter, for the dish watercress, to serve

- 1** Put the potatoes in a pan of cold, salted water and bring to the boil, then turn off the heat. Drain well. Tip the potatoes back into the pan and pour over the cream, then add the thyme, two-thirds of the parmesan and the haddock. Season and gently mix everything together.
- 2** Butter a medium-sized gratin dish, then tip in the potato mixture. Scatter with the remaining parmesan. *Will keep covered and chilled for a day or frozen for three months. Defrost fully before cooking.*
- 3** Heat the oven to 190C/170C fan/gas 5. Bake for 30-35 mins until golden and bubbling around the edges. Leave to cool for at least 5 mins, then serve straight from the dish with a dressed watercress salad on the side, if you like. Scatter with some extra thyme and grind over some black pepper to serve.

GOOD TO KNOW gluten free
PER SERVING 645 kcal • fat 44g • saturates 27g • carbs 39g • sugars 3g • fibre 4g • protein 22g • salt 1g

MAKE THIS WITH HADDOCK FILLETS

You can sit four individual haddock fillets on top of the potatoes and drizzle with extra cream before baking. This means doubling the weight of the haddock stated in the recipe.

Shoot director CLOE-ROSE MANN | Food stylist TAMARA VOS | Stylist LUIS PERAL

**ADD MORE VEG**

You can swap half of the potato for the same amount of sliced parsnips or celeriac, or a mixture of the two. Simply boil with the potato slices in step 1 and continue with the recipe. It will keep in the freezer just as well.

Inside your veg box

MUSHROOMS

This is a great time for wild mushrooms of all shapes and sizes. Look out for seasonal varieties, such as chanterelle, porcini and ceps, and shine a light on their earthy flavour with this stand-out brunch dish

recipe ESTHER CLARK photograph DANIELLE WOOD

Mushroom eggs benedict

SERVES 2 **PREP** 15 mins

COOK 30 mins **EASY** **V**

1 tbsp olive oil
1 tbsp unsalted butter
250g mixed mushrooms (or use portobello)
1 small garlic clove, crushed
150g spinach or chard, roughly chopped
4 eggs
2 large, thick slices of sourdough or 2 English muffins, toasted
small handful of chopped chives or tarragon

For the hollandaise

40ml white wine vinegar, plus extra for the ramekin
5 peppercorns
1 bay leaf
2 egg yolks (freeze the whites for another recipe)
100g unsalted butter, melted

1 Heat the oil and butter in a frying pan over a medium heat until foaming, then fry the mushrooms for 10 mins until just golden brown. Add the garlic and spinach and fry for 5 mins more, then season with salt and black pepper and set aside.

2 For the hollandaise, tip the vinegar, peppercorns, bay leaf and 40ml water into a small pan. Simmer over a low heat until the liquid has reduced by two-thirds. Remove from the heat and set aside.

3 Fill a large pan a third full with water and bring to a gentle simmer. Whisk the egg yolks with 1 tbsp of the vinegar mixture in a heatproof bowl for 3-5 mins until just aerated. Set the bowl over the simmering water and slowly drizzle in the melted butter, whisking until all the butter has been incorporated and the mixture has emulsified. Remove from the heat and taste for seasoning. Add a little more of

the vinegar mixture or salt and pepper, if you like.

4 Bring a pan of lightly salted water to the boil, then reduce the heat to a simmer. Wipe a little vinegar around a small ramekin using kitchen paper, then crack in one of the whole eggs. Swirl the simmering water using a wooden spoon and wait for the vortex to begin to subside. When it does, gently tip the egg into the middle and cook for 3 mins. Scoop out onto a plate using a slotted spoon, then repeat with the remaining eggs. Reheat the mushrooms over a low heat, then pile these on top of the toast. Top with the poached eggs, hollandaise and chives or tarragon.

GOOD TO KNOW calcium • folate • vit c • iron • 2 of 5-a-day

PER SERVING 648 kcals • fat 47g • saturates 22g • carbs 26g • sugars 3g • fibre 3g • protein 27g • salt 1.2g



Shoot director SARAH SNELLING
Food stylist ESTHER CLARK | Stylist FAYE WEARS

NEW WAYS WITH MUSHROOMS

MUSHROOM RAGU



Make a creamy mushroom lasagne, or simply make the ragu and toss it with cooked

spaghetti, pappardelle or rigatoni for a comforting meat-free dinner.

VEGGIE SAUSAGE ROLLS



Mushrooms, tarragon and mature cheddar are encased in puff pastry in our

veggie sausage roll recipe creating an umami-rich snack. Find the recipe on bbcgoodfoodme.com.

ADD TRUFFLES



Drizzle truffle oil over mushroom risotto or pasta for a

touch of luxury. Or make our truffled mushroom pâté (find the recipe on bbcgoodfoodme.com).



Tonight's special

recipe ESTHER CLARK

photograph CLAIRE WINFIELD

Inspired by Thai flavours, this fakeaway is made easy with an all-in-one method – and it works with cod, too

Fragrant coconut, salmon & prawn traybake

SERVES 4 **PREP** 10 mins

COOK 30 mins **EASY**

1 tbsp sunflower oil
5 tbsp Thai red curry paste
2 garlic cloves, grated
thumb-sized piece of ginger, peeled and finely grated
2 x 400ml cans coconut milk
1 red chilli, halved
1 tbsp fish sauce
3 lime leaves (optional)
4 thick salmon fillets, skin left on
4 baby pak choi, cut into quarters
150g mangetout
150g raw king prawns
½ small bunch of coriander, roughly chopped
2-3 limes, cut into wedges, to serve
cooked jasmine rice, to serve

1 Heat the oven to 200C/180C fan/gas 6. Heat the oil in a deep frying pan or wok, and fry the curry paste, garlic and ginger for 1 min. Stir in the coconut milk and chilli, and bring to a simmer. Add the fish sauce and lime leaves, if using.
2 Pour the mixture into a medium roasting tin, and nestle in the salmon, pak choi and mangetout. Cover and cook in the oven for 15 mins. Scatter in the prawns and cook for a further 10 mins. Garnish with the coriander and serve with the lime wedges and rice.

GOOD TO KNOW fibre • omega-3 • 1 of 5-a-day • gluten free

PER SERVING 801 kcs • fat 61g • saturates 33g • carbs 13g • sugars 8g • fibre 6g • protein 46g • salt 2.4g



WEEKEND

Mouthwatering dishes to dig into with your family and friends



TOM KERRIDGE

New pub classics, p44



DIANA HENRY

Oats so sweet, p50



NICE & SPICY, p56



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gf

Hot chocolate special



Drinks expert and BBC journalist **Vuyelo Ndlovu** shares four famous hot chocolate recipes from around the world

Hot cocoa – rich, creamy, velvety goodness – is amazingly comforting during the colder months. Our love for it far exceeds the bog-standard powdered stuff from a tin. From the traditional to the luxurious, these ideas offer some new and interesting takes on the classic cup.

Bicerin

Italian hot chocolate Bicerin is as traditional as hot chocolate gets, dating back to 1678 when it was imported to Italy via Spain. Its popularity quickly spread across Europe. With an added shot of espresso, expect a good kick from this grown-up, layered hot chocolate – a specialty of Turin.

SERVES 2 PREP 4 mins COOK 3 mins EASY V

125ml double cream
250ml whole milk or single cream
50g dark chocolate (at least 70% cocoa solids), finely chopped
demerara sugar, to taste
2 shots of freshly brewed espresso
10g hazelnuts, finely grated or chopped
pinch of cocoa powder

1 Whisk the double cream in a bowl until it holds its shape but is still pourable. Set aside.

2 Pour the milk or single cream into a saucepan with the dark chocolate. Stir continuously over a low-medium heat using a whisk until the mixture comes to the boil.

Reduce the heat to low and simmer while continuing to whisk. Add the demerara sugar to taste.

3 Warm two heatproof glasses by rinsing with hot water, then dry and pour in the espresso. Carefully pour over the chocolate mixture, then top with the whipped cream, hazelnuts and a pinch of cocoa powder.

GOOD TO KNOW gluten free

PER SERVING 567 kcal • fat 51g

• saturates 29g • carbs 18g •
sugars 16g • fibre 2g • protein 7g
• salt 0.2g



gf tips

The secret to a frothy top is continuous whisking. In Mexico, a wooden whisk called a molinillo is used, but you can achieve the right texture with an electric whisk.

Using dark cocoa powder helps to achieve a richer flavour.



Mexican hot chocolate

The Mayans are credited for making the first chocolate drink as early as 500 BC. Served cold and bitter, the concoction was made using crushed cocoa beans, cornmeal and chilli peppers. This upgraded version is served hot, and as food writer Kiera Wright-Ruiz says, there's no denying 'the key to Mexican hot chocolate is a nice layer of foam on top.' (See our tip for a frothy finish, above.) Follow Kiera on Instagram @kierawrr

SERVES 2 PREP 1 min COOK 8 mins EASY V

500ml whole milk
2 cinnamon sticks (use Mexican cinnamon sticks for a distinctly floral, sweeter taste), plus extra to serve
2 tbsp dark cocoa powder (see tip, left)
½ tsp vanilla extract
¼ tsp chilli powder
2 tbsp brown sugar

1 Pour the milk into a medium saucepan, add the cinnamon sticks and stir frequently over a medium heat (don't let it boil) until the milk is fragrant, about 5 mins.

2 Remove and discard the cinnamon sticks, then add the cocoa, vanilla, chilli powder and sugar. Remove from the heat and whisk until the mixture is smooth and frothy – this will only take a couple of minutes. Divide between two mugs and garnish with fresh cinnamon sticks.

GOOD TO KNOW calcium • gluten free

PER SERVING 276 kcal • fat 11g • saturates 7g • carbs 32g • sugars 30g • fibre 2g • protein 10g • salt 0.5g

Chocolate caliente

When adapting the cold and bitter chocolate drink of the Mayans, the Spanish swapped the chilli for sugar. Their version is best known for being thick and rich in consistency.

SERVES 2 PREP 3 mins COOK 15 mins EASY V

500ml whole milk
2 cinnamon sticks
large strip each of orange and lemon peel
½ tsp vanilla extract
4 tbsp cocoa powder (or use 175g chocolate chunks for extra richness)
1 tsp cornmeal
2 tbsp brown sugar
whipped cream, to serve

1 Pour the milk into a saucepan with the cinnamon sticks, citrus peels and vanilla. Bring to the boil over a medium heat and boil for 8-10 mins to infuse the milk.
2 Strain the milk through a sieve into a jug. Discard the aromatics and leave the infused milk to cool, then pour into a clean pan with the cocoa and cornmeal. Bring to a simmer over a low heat, whisking now and then until thick and smooth. Divide between mugs and top with whipped cream.

GOOD TO KNOW calcium • gluten free

PER SERVING 322 kcs • fat 14g • saturates 9g • carbs 35g • sugars 31g • fibre 3g • protein 13g • salt 0.3g



gf tip

To make it extra-special, serve with warm churros for dunking.



Vegan chai hot chocolate

This recipe, from Martika LA of *The Vegan LDN* (follow on Instagram @martikalaofficial), proves that vegan hot chocolate doesn't mean compromising on flavour or creamy consistency. This spiced winter warmer is ideal for this time of the year, especially when enjoyed with something savoury, such as a toasted vegan 'cheese' croissant.

SERVES 2 PREP 2 mins COOK 4 mins EASY V

350ml oat milk (use barista-style for a creamy texture)
1 tsp organic cocoa powder
½ tsp ground cinnamon, plus extra to serve (optional)
½ tsp ground nutmeg, plus extra to serve (optional)
1 cardamom pod
½ tsp ground coffee
1 organic vanilla bean pod, split (or use 1 tbsp vanilla extract)
1 tbsp agave nectar
vegan whipped cream and shaved semi-sweet vegan dark chocolate, to serve (optional)

1 Pour two-thirds of the oat milk into a saucepan. Add the cocoa, cinnamon, nutmeg, cardamom pod and coffee. Bring to the boil over a medium-high heat. Cook for 1-2 mins.
2 Reduce the heat to medium and stir in the vanilla and agave. Froth the remaining oat milk using an electric milk frother or the mini whisk attachment on a hand blender. Strain the hot chocolate into two mugs, discarding the cinnamon and cardamom pod, then gently pour in the frothed milk.
3 Top with whipped cream, chocolate shavings and a pinch each of cinnamon and nutmeg, if you like.

GOOD TO KNOW vegan • calcium

PER SERVING 161 kcs • fat 6g • saturates 1g • carbs 20g • sugars 15g • fibre 2g • protein 2g • salt 0.2g

&

Vuyelo Ndlovu is a multimedia journalist and producer at the BBC who has also written for *The Times*. Beyond the headlines, she has a passion for exciting and flavourful drinks, which she's explored for over five years as a trained beers, wines and spirits advisor. She believes in making drink discovery a fun and accessible experience. @thevuyelolu

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THE RITZ - CARLTON

RAS AL KHAIMAH, AL WADI DESERT

SEASONAL

WINTER HUES

We celebrate three vibrant fruits that shine in the winter months. Try these recipes from

Esther Clark

photographs MOWIE KAY

Pomegranate is at its peak in December and January. Look out for the deep, ruby-red-skinned type rather than those with paler skin, because the quality of the fruit inside will be much better. The seeds have a sweet, tart flavour, delicious scattered over a salad or rich chocolate cake, or with tender slow-cooked lamb flavoured with Middle Eastern spices. I've used mine as part of a cure for a festive gravlax. The tart flavour of the fresh pomegranate combined with deep, unctuous molasses makes a lovely sweet and savoury complement to the fish, plus it looks impressive as well as tasting great, so it's ideal for serving on Christmas Day or New Year's Eve.

Cranberries are traditionally cooked into a sauce over Christmas as part of a roast dinner, or added to a sandwich of leftovers. Here, I've paired the classic cranberry sauce with luxuriously rich Spanish croquettes – deep-fried balls of creamy bechamel and salty cheese, coated in a golden crumb. This sauce could also be eaten with sausage rolls or even on porridge as part of a sweet breakfast.

Our last seasonal star is the clementine. Not just for the fruit bowl, a touch of this tangy fruit can give savoury dishes a lift. Duck and citrus is a classic pairing, and, once roasted, the clementine adds freshness to the salted, crispy duck legs. You could also try roasting yours with a whole duck or goose on the big day.

Esther is a recipe writer and food stylist who trained at Leiths School of Food & Wine, before working as a chef in Italy. She loves to cook for friends at home and particularly enjoys creating recipes using new ingredients and seasonal produce.

Instagram: @esthermclark





Pomegranate-cured
gravlax



Triple-cheese croquettes with cranberry sauce

Here's a fantastic way to use any Christmas cheese you have left over. Hard cheeses work well, but do mix and match with whatever you have. If you want to use a soft rind or blue, swap out a third of the hard cheese. Once fried, croquettes have a crisp shell and melty middle which is wonderfully comforting. The key to the crisp finish is to double-coat them.

MAKES 25-27 PREP 45 mins
plus 3 hrs chilling **COOK 35 mins**
MORE EFFORT V

50g butter
2 banana shallots, finely chopped
80g plain flour
450ml whole milk
pinch of cayenne pepper
70g manchego, grated

50g cheddar
50g parmesan or vegetarian hard cheese
4 large eggs, lightly beaten
300g panko breadcrumbs
vegetable oil, for deep frying
For the cranberry sauce
180g fresh or frozen cranberries
100g light brown soft sugar

1 Heat the butter in a saucepan. Tip in the shallots and fry gently for 10-12 mins until translucent. Stir through the flour to make a thick paste. Warm the milk gently in a separate pan until steaming, then gradually whisk the milk into the floury paste to make a thick sauce. Add the cayenne, three cheeses and a pinch of salt. Pour the mix into a baking tray and set aside to cool for 30 mins, then cover and chill for at least 3 hrs or overnight.

2 For the sauce, tip the cranberries into a pan with the sugar and 100ml water, and simmer for 10-15 mins

until the cranberries break down. Season to taste. Once chilled, loosen with a splash of water if the cranberry sauce is too thick.
3 With wet hands, roll the cheese mixture into walnut-sized balls. Put the beaten egg in a shallow bowl and the breadcrumbs on a shallow plate. Roll the balls in the egg, then the crumbs, making sure each one is well coated. Repeat once more so they're coated in two layers of each.
4 Pour the oil into a large saucepan until it's a third full, and heat to 175C, or until a cube of bread browns in 30 seconds. Carefully fry the croquettes in batches for 2-3 mins until golden. (If the oil is too hot, they will darken on the outside before the inside is hot.) Use a slotted spoon to transfer to a plate lined with kitchen paper. Leave to drain for a few minutes, then serve with the cranberry sauce.

PER SERVING (27) 156 kcal • fat 8g • saturates 4g • carbs 15g • sugars 5g • fibre 1g • protein 5g • salt 0.4g

Pomegranate-cured gravlax

The Scandi recipe for gravlax is often eaten at Christmas. Our version, using fresh pomegranate and rich molasses, makes a lovely holiday brunch with bagels or scrambled eggs. It's also great thinly sliced and piled onto blinis as a party canapé. It's much easier than you think to cure salmon – just make sure it's fresh and high-quality, and the two days it spends in the fridge will do the rest.

SERVES 8-10 PREP 30 mins plus
at least 2 days curing **NO COOK EASY**

800g-1kg skin-on side of salmon
(the freshest you can buy)
1 tbsp coriander seeds, crushed
50g muscovado sugar
100g sea salt
4 tbsp pomegranate molasses
½ small bunch of dill, roughly chopped
150g pomegranate seeds, plus extra
to serve
cream cheese, blinis, crispbreads,
sliced rye bread or bagels, to serve

1 Check the salmon to make sure it's pin-boned – if you feel any bones on the fish, use a pair of tweezers to pull them out. Pat the flesh dry with kitchen paper. Around 2-3 days before you want to serve, mix the coriander, sugar, salt, molasses, most of the dill and pomegranate seeds together. Lay the salmon in a dish, skin-side down, and rub the mixture all over the flesh. Cover and put in the fridge, then leave for at least two days or up to three, turning the fillet once during the curing process.

2 Lift the salmon out of the curing mixture and wipe off any excess seasoning using kitchen paper. Put the fish on a large serving board and thinly slice with a sharp knife. Scatter with the extra pomegranate seeds and dill to serve, alongside your choice of accompaniments.

GOOD TO KNOW omega-3 • gluten free
PER SERVING (10) 256 kcal • fat 15g • saturates 3g •
carbs 8g • sugars 8g • fibre 1g • protein 21g • salt 4.7g

Crispy duck with clementines

Duck always feels like a real treat, and it's relatively easy to get hold of in most supermarkets. It works beautifully paired alongside citrus, like clementines. Leaving the duck to chill overnight with the salt rub is key, as it gives you the most satisfyingly crisp golden skin.

SERVES 4 PREP 15 mins plus overnight
marinating **COOK 2 hrs MORE EFFORT**

4 duck legs
1 tbsp fennel seeds
1 tbsp coriander seeds
1 tbsp sea salt
7 banana shallots, peeled and halved
4 clementines, peeled and halved
2 bay leaves
350ml hot chicken stock
½ tbsp cider vinegar
green veg and potato dauphinoise (see
bbcgoodfoodme.com for a recipe),
to serve (optional)

1 Slash the skin of the duck legs with a sharp knife and put in a large baking tray. Crush the fennel and coriander seeds using a pestle and mortar, then combine with the salt. Rub the salt mix over the duck skin, cover and chill overnight.

2 The next day, pat off some of the salt and spice mix, leaving a little behind. Heat the oven to 220C/200C fan/gas 7. Roast the duck legs for 20 mins, then add the shallot halves to the tray and roast for a further 20 mins. Nestle in the clementines and bay, then pour in the stock and vinegar. Reduce the oven temperature to 180C/160C fan/gas 4. Cover the tray with foil and cook for 1 hr 20 mins.

3 Remove the foil, then cook for a further 20 mins until crisp and tender – the meat should be very tender when pierced with a knife. Serve with potato dauphinoise and some green vegetables, if you like.

GOOD TO KNOW vit c • iron • 1 of 5-a-day
PER SERVING 421 kcal • fat 20g • saturates 5g •
carbs 10g • sugars 9g • fibre 4g • protein 48g • salt 2.8g



TOM KERRIDGE

NEW PUB CLASSICS

BBC chef and Good Food podcast host **Tom Kerridge** serves up his favourite pub recipes for you to try at home *photographs* JONATHAN GREGSON

I love pubs – they're about making everyone feel welcome. When it came to opening my first business, even though all my experience had been in Michelin-starred restaurants, I knew it had to be a pub. This allowed me to take my favourite comforting dishes and give them a bit of flair, and that's what I've been doing ever since. Here, you've got my version of four classics to suit different weekend occasions, from Friday night scampi to a lovely brunch of ham, egg and chips. Enjoy. Tom

Herb-roasted beef rump cap & mushroom ketchup

You can serve this as steak and chips, or roast beef. The cut (rump cap) lets you decide as it's a large steak that you roast. It's a tricky one to find in supermarkets but your butcher should be able to get it for you. Here I've served it with my favourite beef side, punchy mushroom ketchup – it works whether you serve it with chips or as a Sunday roast.

SERVES 4 **PREP** 40 mins plus resting
COOK 30 mins **MORE EFFORT**

2 tbsp sunflower oil
800-900g piece of beef rump cap (also called picanha)
large handful of hard herbs like thyme, rosemary and bay
bunch of watercress and chips, to serve (optional)

For the mushroom ketchup

30g dried mushrooms
4 portobello mushrooms, roughly chopped
1 tbsp sunflower oil
1 long or 2 short shallots, finely chopped
2 tbsp demerara sugar
4 tbsp red wine vinegar
a splash of Worcestershire sauce

1 First, make the ketchup. Pour 150ml boiled water from the kettle over the dried mushrooms and leave them to soak. When cool enough to handle, drain and give them a squeeze, reserving the water. Tip into a food processor with the portobello mushrooms and pulse until finely chopped.

2 Heat the oil in a saucepan set over a medium heat, add the shallots and cook for 5 mins until softened and turning golden. Tip the chopped mushrooms into the pan, season and cook for 10 mins, stirring occasionally until all the liquid

evaporates. Stir in the sugar, vinegar and Worcestershire sauce and simmer for 5 mins, then pour over the reserved mushroom stock and simmer for 5 mins more until you have a thick mushroom purée. Scrape into a food processor or a blender, and blitz again until smooth. *Can be made up to four days ahead and kept chilled.*

3 To cook the beef, heat the oven to 200C/180C fan/gas 6. Heat the oil in an ovenproof frying pan set over a medium heat. Season the beef heavily with salt, then carefully lay the beef fat-side down in the hot oil and fry it to render the fat until golden brown – this will take about 10 mins. Turn it over and fry it on the other other side until browned.

4 Lift the beef onto a plate, then add the herbs to the pan and sit the beef on top, fat-side up. Transfer the pan to the oven and roast for 30 mins for rare (the core will be 45C on a meat thermometer), 35 mins for medium-rare or 40 mins for medium. Once cooked to your liking, leave the pan on the side to rest for 10 mins.

5 While the beef cooks, remove the ketchup from the fridge, if you've chilled it, so that it comes to room temperature and spoon into a side dish. Once the beef has rested, lift onto a board and carve into thin slices, and serve with the ketchup, watercress and chips, if you like, or your favourite roast dinner sides.

GOOD TO KNOW vit c • iron • 1 of 5-a-day
PER SERVING 522 kcal • fat 28g • saturates 8g •
carbs 18g • sugars 13g • fibre 2g • protein 47g •
salt 0.3g



Tom Kerridge is a BBC presenter and chef-owner of The Hand and Flowers, The Coach and The Butcher's Tap in Marlow, Kerridge's Bar & Grill at The Corinthia Hotel, London, as well as The Bull & Bear in Manchester.

🐦 @ChefTomKerridge



Grilled prawn cocktail
salad & bloody mary
dressing





Monkfish scampi
& lime tartare

Monkfish scampi & lime tartare

Historically 'scampi' meant langoustines, which would be a lovely way to eat them but would cost a fortune. Now, it generally applies to prawns and they work well with this batter, but I like to use nuggets of meaty monkfish, or if I'm offered them by my suppliers, monkfish or cod cheeks are ideal. You can serve this with chips, or just the scampi as it is for a sharing starter or a canapé, or stuffed into baps or fish tacos.

SERVES 4 PREP 40 mins
COOK 10 mins MORE EFFORT

sunflower oil, for frying
plain flour, for dusting
500g cleaned monkfish fillet,
diced into 4cm cubes

For the batter

100g semolina flour
50g cornflour
large pinch of cayenne pepper

½ tsp bicarbonate of soda
200ml cold fizzy water
For the lime tartare
½ red onion, finely chopped
½ lime, juiced and zested
6 tbsp mayonnaise
small handful of coriander, finely
chopped

1 For the tartare sauce, mix the red onion with the lime juice and zest and a small pinch of salt, leave for 5 mins to soften a little, then mix in the mayonnaise and coriander. Cover and chill until needed. *Can be made a day ahead.*

2 For the batter, add the flours, cayenne and bicarb to a bowl, then whisk in the water and set aside. Pour the oil into a deep, wide pan ensuring it is no more than two-thirds full, or heat a deep-fat fryer to 180C if you have a thermometer. If you don't, drizzle a little batter into the oil – it's ready when the batter sizzles and turns crisp in less than a minute.

3 Put a little plain flour in a shallow dish then, working quickly, dust the fish in the flour, then dredge through the batter. Hold a nugget of fillet above the batter to let the excess drip back into the bowl, then very carefully lower into the oil. Fry as many nuggets as you can without the pan being overcrowded – you may need to do it in batches. Fry the fish for about 4-5 mins, turning once, until deep golden and crisp. Lift onto a plate lined with kitchen paper to drain for a minute, then serve in a basket with the tartare sauce for dipping.

PER SERVING 534 kcal • fat 33g • saturates 3g •
carbs 32g • sugars 2g • fibre 1g • protein 23g •
salt 0.4g

Grilled prawn cocktail salad & bloody mary dressing

What's more of a pub classic than prawn cocktail? It's often served fridge-cold which means it loses a lot of its charm and flavour. Here, I've avoided that by grilling the prawns and made the dressing punchier by bringing in the flavours of a bloody mary. I've served mine as one big sharing platter, but it works just as well as individual bowl salads.

SERVES 4 PREP 30 mins plus
at least 10 mins marinating
COOK 6 mins EASY

2 tbsp olive oil, plus a drizzle
to serve
2 garlic cloves, finely grated
pinch of cayenne pepper, plus extra
to serve
20 large tiger prawns, peeled and
deveined
¼ lemon, juiced, plus wedges to
serve

For the bloody mary dressing
5 tbsp mayonnaise (the best quality
you can find)
1 tbsp tomato purée
5 good splashes of hot sauce
1 tbsp hot creamed horseradish
1 tbsp vodka (optional)
large pinch of celery salt

For the salad
2 ripe avocados, halved, stoned and
cut into chunky dice
3 celery sticks, peeled and sliced
into chunks, reserve the leaves
to serve
½ iceberg lettuce, shredded
2 ripe plum tomatoes, roughly
chopped

1 Mix all the dressing ingredients together with a pinch of salt and set aside. *Can be made up to a day ahead, covered and chilled.* Mix the oil and garlic in a large bowl with salt, pepper and the cayenne, then tip in the prawns and marinate in the fridge for at least 10 mins and up to 24 hrs. *Can be done a day ahead, covered and chilled.*

2 Make sure you have all the salad ingredients prepared before you start cooking the prawns. Toss the salad ingredients together and scatter over a large platter, or divide between four bowls. Heat a griddle pan over a medium heat and when it is hot carefully lay the prawns in the pan and cook for about 2 mins on each side until they change colour and are cooked through. Nestle the prawns into the salad, generously drizzle over the dressing, scatter over the reserved celery leaves, sprinkle with the extra cayenne pepper, then drizzle over a little more oil. Serve with the lemon wedges on the side for squeezing over.

GOOD TO KNOW folate • vit c • 2 of 5-a-day
PER SERVING 424 kcal • fat 35g • saturates 5g •
carbs 6g • sugars 4g • fibre 5g • protein 20g • salt 0.8g

Honeyed ham chop, egg & gherkin butter

I always judge a pub by the quality of their ham, egg & chips. As it's a simple dish it needs to be done properly, and you can always tell how good a kitchen is by how well they fry an egg. In my pubs, I like to use sugar pit gammon or bacon chops that come on the bone, but if these are hard to find, then good-quality gammon steaks work well, as does any leftover roast ham carved into thick slices.

SERVES 2 PREP 10 mins

COOK 20 mins EASY

2 tbsp vegetable oil
2 bacon chops or gammon steaks (about 150g each), on the bone if you have the option

1 tbsp honey
2 eggs, golden yolk work well
chips, to serve

For the gherkin brown butter

50g butter
2 gherkins, diced
2 tbsp malt vinegar
1 tbsp chopped parsley

1 Heat the oven to 180C/160C fan/gas 6. Heat 1 tbsp of the oil in an ovenproof frying pan, then sizzle the chops for 5 mins on both sides until golden. Put the pan in the oven for 10 mins. Meanwhile, prepare the ingredients for the gherkin brown butter and set aside. Remove the chops from the oven and put back on the hob over a medium heat. Drizzle with the honey and cook

until starting to caramelise, basting and coating the chops in the glaze, then set aside.

2 Heat the remaining 1 tbsp oil in a frying pan, crack in the eggs and fry to your liking. Put the chops and eggs onto serving plates.

3 For the gherkin brown butter, work quickly, putting the frying pan back on the heat. Add the butter, let it melt and sizzle, then add the gherkins and vinegar, some black pepper, and stir in the parsley. Spoon over the eggs, and serve with chips on the side.

PER SERVING 591 kals • fat 45g • saturates 19g • carbs 9g • sugars 9g • fibre none • protein 36g • salt 4.2g



DIANA HENRY

OATS SO SWEET

Not just for breakfast, **Diana Henry** showcases the versatility of this humble ingredient in bread and puddings

photographs NASSIMA ROTHACKER

If someone throws the word 'oats' at me I'll immediately think of flapjacks and sigh. It's not that I'm against healthy eating but I loathe flapjacks. They're sensible yet oversweet and the oats get stuck in your teeth. Give me an apple any day.

Whisper 'porridge' to me, though, and my shoulders relax. My eldest has it every morning so I usually come down the stairs to the smell of porridge filling the kitchen. It's gently sweet and, of course, milky. Weetabix with cold milk – the preferred option of my other son – seems thin and chilly and inadequate in comparison, and now that I'm writing about porridge and, even though it's mid-afternoon, I guarantee I will have a pan of it on the hob once I've finished writing this piece. I try to add only a smidgen of sugar and usually have it with stewed apples. It's pretty much the healthiest 'almost pudding' I can think of.

I used to be flummoxed by different oat options. Basically, fresh oats have to be dried and lightly toasted. Their outer casing is removed by grinding to leave the 'groat' or kernel. Pinhead and steel-cut oats (the same thing) are produced by passing these through cutters which chop them. These make a good, textured porridge. Coarse and medium oatmeal are finer. Quick-cooking rolled oats are whole or split groats that have been steamed and flattened (whole flattened oats are called 'jumbo' oats and are popular in the US). Real porridge aficionados have a poor view of the pappy – as they see it – porridge they produce. For me, it's steel-cut for porridge, jumbo or rolled oats for muesli.

The bread here is as dependable as a bowl of porridge and I love having an ingredient in the kitchen that seems solid, inexpensive and good for you. It's also easy to see it as dull, though. There've been various attempts to sell us savoury porridge – Nordic chefs have topped it with wild mushrooms (a good option), and I've had it in northern Norway with grated dried reindeer. Still, I can't get my head around the concept, though there's no reason for that except conditioning. I do use oats in stuffings, to coat fish and in the Scottish dish, skirlie. Skirlie is always savoury

and, at its most basic, is oats fried in fat with onions and seasoning. But, look at it sideways, trying to forget that it's a northern, home-grown ingredient (you never value what's on your doorstep) and see it as you might Italian faro or Middle Eastern freekeh, then you can appreciate its potential. Oats fried with onions, bacon and Savoy cabbage, served with griddled scallops or herring? Or fried and tossed with purple sprouting broccoli and chopped anchovies that you've heated in olive oil until they're melting? What oats have, as well as goodness, is texture and we often neglect that in a dish. Soft, buttery mash topped with fried oats, onions, bacon and parsley? I'll take that. Just don't offer me a flapjack.



Good Food contributing editor Diana Henry is an award-winning food writer. Her latest book is *From the Oven to the Table* (Mitchell Beazley). For more of Diana's recipes, go to bbcgoodfoodme.com.

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Porridge bread

Porridge bread

A boon if you have porridge eaters in the house, this version of a recipe from food writer Claire Thomson is really easy to make.

SERVES 8-10 (1 large loaf)

PREP 25 mins plus 1 hr 45 mins
proving **COOK** 45 mins **EASY** **V**

200g cold leftover porridge
500g strong white bread flour, plus
extra for dusting
½ tbsp caster sugar
1 tsp flaked sea salt
7g dried yeast
small handful of oats, to sprinkle

1 Put the porridge in a large mixing bowl with 300ml lukewarm water. Stir in the flour, sugar, salt and yeast until fully combined. Cover with a damp tea towel and leave to prove for 1 hr, or until it has almost doubled in size.

2 Tip the dough onto a well floured surface and knock the dough back, punching and kneading it – don't worry if it's very soft. Shape the loaf and put it in a non-stick 900g loaf tin. Cover with the damp tea towel and let it prove for another 45 mins. It should expand to fill the tin. Heat the oven to 220C/200C fan/gas 6.

3 Make a slash along the length of the dough and sprinkle on the oats.

Bake for 10 mins, then turn the heat down to 190C/170C fan/gas 3 and cook for another 30 mins. Carefully turn the loaf out and tap the bottom. If it sounds hollow, then the bread is ready. If not, put it back in the oven for another 5 mins. If any oats fell off when you turned it over, scatter them back over the loaf.

4 Turn the loaf out onto a wire rack and leave to cool.

GOOD TO KNOW **vegan** • **low fat**

PER SERVING (10) 212 kcals • fat 2g • saturates 1g •
carbs 41g • sugars 2g • fibre 2g • protein 7g • salt 0.5g

Treacle, porter, oatmeal & apple tart

I love treacle tart made with apples (usually referred to as Norfolk treacle tart) as the sharpness is great against the sweetness of the golden syrup. Chef Richard Corrigan makes a golden syrup and honey tart with stout, so I've incorporated his idea and used a fruity porter here. It lends a bitter and slightly spicy undertow.

SERVES 8 **PREP** 40 mins plus 1 hr
15 mins chilling **COOK** 1 hr 15 mins
MORE EFFORT **V** **?**

250g plain flour, plus extra for
dusting
125g cold butter, cut into cubes
50g icing sugar
1-2 egg yolks (freeze the whites for
another recipe)

For the filling

2 large bramley apples, peeled and
coursley grated (200g prepped
weight)
100ml porter
100g soft brown breadcrumbs
25g oats

1 lemon, zested
½ orange, zested
2 tbsp lemon juice
250g golden syrup
50g butter
3 tbsp cream
2 large eggs, lightly beaten
whipped double cream, to serve

1 Blitz the flour, butter and sugar in a food processor. Add 1 egg yolk and blitz again. The pastry should come together into a ball. If not, add the second yolk and 1-2 tsp cold water. Shape the pastry into a disc. Wrap the disc and leave to rest in the fridge for about 45 mins.

2 Roll the pastry out into a circle on a lightly floured piece of baking parchment. It needs to be about 5cm bigger than a 25cm tart tin with a loose-bottomed base.

3 Use the rolling pin to lift the pastry and line the tin with it. Push it into the sides of the tin all the way round, then cut off the excess. Chill in the freezer for 30 mins.

4 Heat the oven to 180C/160C fan/gas 4. Fill the case with crumpled baking parchment and baking

beans, then blind-bake the pastry case for 20 mins. Remove the beans and paper, then bake for another 15 mins. Take the tart case out and leave to cool in the tin. Increase the heat to 200C/180C fan/gas 6.

5 Meanwhile, for the filling, put the apples into a saucepan with the porter. Bring to a simmer and cook for 5-8 mins until the porter has reduced by about half. Put this in a bowl with the breadcrumbs, oats, citrus zests and lemon juice.

6 Warm the golden syrup in a pan over a low heat with the butter and a pinch of salt. Leave to cool, then whisk in the cream and eggs. Mix this into the rest of the filling.

7 Spoon the filling into the tart case, then bake for 40 mins, or until the surface is dark golden and the filling seems just set when you press the centre (it will continue to set as the tart cools). Serve warm with some whipped double cream.

PER SERVING 502 kcals • fat 23g • saturates 12g •
carbs 64g • sugars 34g • fibre 3g • protein 8g •
salt 0.8g







Cranachan ripple ice cream

An old Scottish dessert, cranachan is made with whipped cream, oats, honey and whisky. It's often served with raspberries (the tartness cuts through the cream), so I made it into an ice cream. The baked oats add a lovely contrast of textures.

SERVES 8 PREP 40 mins plus churning and overnight freezing

COOK 30 mins EASY   

300ml double cream

300ml whole milk

6 egg yolks (freeze the whites for another recipe)

250g honey

½ tsp vanilla extract

35ml whisky

½ lemon, juiced

For the toasted oats

60g jumbo oats

60ml maple syrup

For the ripple

150g raspberries

30g icing sugar

½ tbsp liquid glucose

1 Pour the cream and milk into a pan, then set over a low heat until just below boiling point. Take off the heat. Beat the egg yolks with the honey in a bowl until the mixture is pale, light and almost foamy. Gradually pour in the warm cream and milk, stirring all the time.

2 Half-fill a large bowl with cold water and ice, then set another bowl inside that one. This will help cool the custard down later and stop it cooking as soon as it's thick enough.

3 Pour the custard mixture into a heavy-bottomed saucepan, then add a pinch of salt and set over a low heat, stirring with a wooden spoon until the mixture thickens enough to coat the back of it. It's important that you don't overheat the mixture or the egg yolks will scramble. You will feel, as you're stirring, that the texture of the mixture changes – it becomes silky and slightly thicker. At this stage, pour the custard into the bowl set in the iced water. Stir in the vanilla, whisky and lemon juice, then leave to cool, stirring from time to time.

4 Heat the oven to 180C/160C fan/gas 4. Mix the oats, maple syrup and a pinch of salt together in a bowl, then spread out on a baking sheet lined with baking parchment. Bake for 10 mins. Break up any clumps of sticky oats, then return to the oven and bake another 5 mins, or until golden brown. Leave to cool for 10 mins, then break the mixture up into small chips.

5 For the ripple, put the raspberries in a saucepan with 1 tbsp water and cook over a low heat until they break down into a purée (press the berries with the back of a spoon to help them collapse). Push the purée through a sieve, discard the seeds, then mix in the sugar and glucose.

6 Churn the custard in an ice cream maker, following the manufacturer's instructions. Once it holds its shape, add two thirds of the toasted oats. If you do not have an ice cream maker, pour the custard into a freezer-proof container, put it in the freezer, then take out once every hour and blitz in a food processor. Do this three times, folding in the oats after the final blitzing.

7 When the ice cream is frozen, but not too hard, transfer a third of it to a freezer-proof container. (If you haven't used an ice cream maker, you'll need a second freezer-proof container). Using a cocktail stick or a skewer, gently swirl the raspberry purée through it. Do the same with the next two thirds of the ice cream and raspberry purée. Top with the remaining toasted oat mixture, then cover and leave in the freezer overnight before serving.

PER SERVING 435 kcs • fat 26g • saturates 15g • carbs 40g • sugars 34g • fibre 1g • protein 5g • salt 0.2g



TOO MANY COOKBOOKS?

Diana Henry is a passionate collector of cookery books. Listen as she discusses her favourites with Emily Thomas on the World Service podcast, *The Food Chain*.

NICE & SPICY

A seasonal pickle that can be served with cold meats, cheese or a slice of savoury pie

recipe CASSIE BEST photograph TOM REGISTER

Pumpkin pickle

MAKES 3 x 400g jars

PREP 20 mins plus overnight

saltng COOK 20 mins

MORE EFFORT V

850g pumpkin or squash (600g prepared weight), peeled and chopped into 1cm pieces

1 large onion, chopped

2 eating apples, cored, peeled and chopped into 1cm pieces

2 tsp black mustard seeds

2 tsp coriander seeds

2 tsp nigella seeds

200g caster sugar

450ml cider vinegar

2 bay leaves

1½ tsp turmeric

2 tbsp plain flour

thumb-sized piece of ginger, peeled and cut into thin slices

1 green or red chilli, finely chopped

1 Put the prepared pumpkin in a bowl and sprinkle over 2 tbsp sea salt. Toss well, cover and leave at room temperature for 24 hrs.

2 Sterilise your jars before you start (see tip, right). Drain and rinse the pumpkin, then tip into a large pan. Add the onion, apple pieces, mustard, coriander and nigella seeds, the sugar, vinegar and bay leaves. Pour 200ml water over everything, then put on a medium heat and bring to a simmer. Put a lid on the pan, leaving a gap for steam to escape, turn the heat up to medium-high and cook for 8 mins.

3 Use a cup to scoop out some liquid from the pan and mix 50ml with the turmeric and flour in a small bowl to make a smooth paste. Add a little more of the liquid, mixing well to remove any lumps, until the paste becomes runny, then pour into the pan, and add the ginger and chilli. Simmer for another 5 mins, uncovered, stirring until thickened and the squash has softened but still retains some bite.

4 Carefully fill your sterilised jars with the pickle while it's still hot,

pressing the chunks of squash down into the liquid to expel air pockets, then pop on the lid. *Will keep in a cool, dark place for up to a year. Once opened, store in the fridge and eat within a month.* Best served after being left to mature for a month or more, but can be eaten straightaway.

PER TBSP 13 kcals • fat 0.1g • saturates none • carbs 3g • sugars 2g • fibre 0.2g • protein 0.2g • salt 0.3g

STERILISING JARS

Heat the oven to 140C/120C fan/gas 1. Wash the jars in hot, soapy water, rinse well and put in the oven on a baking sheet to dry completely. If using Kilner jars, boil the rubber seals, as dry heat damages them. Add the pickle to the jars while still hot.



Shoot director HAYLEY WARD | Food stylist KATY GREENWOOD | Stylist AGATHE GITS

family

CHINESE NEW YEAR

Celebrate at home with one of these quick and easy dishes, or turn them into a family feast

recipes CASSIE BEST photographs MIKE ENGLISH

**Celebrate
Chinese
New Year on
February 1**

Honey, sesame & orange king prawns

SERVES 4 **PREP** 10 mins
COOK 10 mins **EASY**

2 tsp sesame oil
1 large orange, zested and juiced
3 tbsp honey
2 tbsp low-salt soy sauce
1 tbsp rice vinegar
3 tbsp cornflour
2 tbsp sesame seeds
generous pinch of Chinese
five-spice powder
300g raw king prawns
3 tbsp sunflower or vegetable oil
1 garlic clove, thinly sliced
2 spring onions, sliced
200g long-grain rice, cooked,
to serve

1 Mix the oil, orange zest and juice, honey, soy and vinegar in a bowl, then combine the cornflour, sesame seeds, five-spice and a pinch of salt in another bowl. Run a small knife down the back of each prawn, so they butterfly out as they cook, helping more sauce stick to them.

2 Toss the prawns through the cornflour mixture. Heat the oil in a large wok or frying pan. When it's very hot, add the garlic. Sizzle for 10 secs, but don't let it brown. Add the prawns and any flour and seeds

left in the bowl. Stir-fry over a high heat for a few minutes, until the prawns are pink and the sesame seeds are golden. Tip the prawns onto a plate and pour the sauce mixture into the wok. Bubble for a few minutes until thickened. Add the prawns back to the wok and stir to coat in the sauce. Heat through for another 30 seconds. Top with spring onions and serve with rice.

PER SERVING 444 kcals • fat 13g • saturates 2g •
carbs 66g • sugars 14g • fibre 2g • protein 15g •
salt 1.7g

gf tip
USING SOY SAUCE We have used low-salt soy sauce in our recipes to reduce the salt content, but you may prefer to use smaller amounts than suggested to stay within the recommended daily intakes.

Singapore noodles

SERVES 4 **PREP 15 mins**

COOK 15 mins **EASY** **V**

200g vermicelli
rice noodles
1 tbsp mild curry powder
¼ tsp turmeric
1 tsp caster sugar
1 tbsp sesame oil
2½ tbsp low-salt soy sauce
1 tbsp sunflower or
vegetable oil
1 onion, sliced
1 pepper, sliced (we used
½ green and ½ orange)
200g beansprouts
1 red chilli, sliced (optional)

1 Boil the kettle and put the noodles in a large pan or bowl. Pour over enough boiled water to cover, pushing the noodles

under the water to help them soften evenly. Set aside for 5-10 mins, until the noodles are completely soft.

Mix the curry powder, turmeric, sugar, sesame oil, soy sauce and 1 tbsp water in a bowl.

2 Heat the wok until very hot. Add the sunflower oil, onion and pepper. Stir-fry for 3-4 mins until softened and starting to brown in places. Drain the noodles and add to the pan, along with the sauce mixture and beansprouts. Stir-fry for a further 3-4 mins, tossing everything through the sauce, until hot. Adjust the seasoning with a little more soy or sugar, if you like, and scatter over the chilli, if you like more spice.

GOOD TO KNOW vegan • healthy • low fat • fibre • vit c • 1 of 5-a-day

PER SERVING 288 kcals • fat 7g • saturates 1g • carbs 47g • sugars 6g • fibre 6g • protein 7g • salt 0.9g

gf tip

Only eat raw beansprouts that are labelled "ready to eat", otherwise cook them thoroughly, and follow the pack storage instructions.



Salt & pepper tofu

Use both types of peppercorns here, if you can. Sichuan peppercorns will give the tofu a tongue-tingling kick, while the black peppercorns will add a spicy warmth.

SERVES 4 **PREP** 15 mins plus pressing
COOK 20 mins **EASY** **V**

396g pack firm tofu
2 tbsp cornflour
1 tsp Sichuan or black peppercorns (or a mixture of the two), ground to a powder
2 tbsp sunflower or vegetable oil
2 red peppers, sliced
¼ broccoli head, cut into very small florets
100g beansprouts
2 tsp low-salt soy sauce
sesame oil, for drizzling
handful of coriander, leaves picked

1 Drain the tofu, wrap loosely in kitchen paper and put on a plate. Rest a chopping board on top. If you're using a light chopping board, weigh it down with a couple of cans – a heavier chopping board will be sufficient on its own. Leave for 10-20 mins until the cloth feels wet from the excess liquid. Pressing the tofu like this helps to give it a firmer texture once cooked.

2 Cut the tofu in half down the centre like a book. Cut each piece into four triangles, as you would a piece of toast, then in half again to give you 16 pieces in total. Mix the cornflour, ground pepper and 1 tsp flaky sea salt on a plate. Gently turn each piece of tofu in the cornflour mix to coat.

3 Heat 1 tbsp oil in a wok. Stir-fry the peppers and broccoli for a few minutes, to soften a little. Add the beansprouts and soy sauce. Cook for another 1-2 mins, making sure the veg still has a nice crunch. Drizzle with a little sesame oil.

4 Heat the remaining sunflower oil in a large non-stick frying pan and fry the coated tofu for 5 mins on each side until crisp. Serve on top of the vegetables, scattered with the coriander.

GOOD TO KNOW vegan • calcium • fibre • vit c • 2 of 5-a-day

PER SERVING 254 kcal • fat 13g • saturates 2g • carbs 14g • sugars 5g • fibre 6g • protein 16g • salt 1.5g





Beef with mangetout & cashews

You can buy one thick rump steak, or two or three thinner 'minute' steaks for this. If you opt for a thicker steak, bash it with a rolling pin or a meat mallet to ensure it's tender and cooks through quickly.

SERVES 4 PREP 10 mins
COOK 5 mins EASY

50g unsalted cashew nuts
1 tsp cornflour
1½ tbsp low-salt soy sauce
4 tbsp oyster sauce
1 tbsp rice vinegar
1 tbsp honey
1 tbsp sunflower or vegetable oil
280g rump steak, thinly sliced
thumb-sized piece of ginger, peeled
and cut into matchsticks

2 garlic cloves, crushed
200g mangetout, sliced in half
on an angle
200g long-grain rice, cooked,
or 200g egg noodles, cooked,
to serve

1 Toast the cashews in a dry wok or frying pan, tossing, until browned. Tip onto a plate and set aside. Mix the cornflour with the soy sauce to make a paste, then add the oyster sauce, vinegar and honey. When you're ready to cook, have all the ingredients prepared and close to hand – it will only take 5 mins.

2 Heat the wok until very hot. Add the oil, swirl it around to cover the base of the pan, then use tongs to

place the steak pieces in the wok in a single layer. Cook without turning for 30 seconds-1 min, until a dark crust starts to form on the meat. Add the ginger and garlic, give everything a quick stir, then add the mangetout and the sauce. Cook for another 30 secs-1 min until the beef is just cooked through and the sauce is thick and glossy. Sprinkle over the cashews and serve with rice or noodles.

PER SERVING 464 kcal • fat 16g • saturates 4g •
carbs 54g • sugars 7g • fibre 3g • protein 24g •
salt 2.2g



Pineapple fried rice

SERVES 4 **PREP** 10 mins

COOK 10 mins **EASY** **V**

1½ tbsp sunflower or vegetable oil
 2 eggs, beaten
 2 garlic cloves, crushed
 small bunch of spring onions, chopped
 ½ tsp Chinese five-spice powder
 400g cooked long-grain rice
 85g frozen peas
 2 tsp sesame oil
 2 tbsp low-salt soy sauce
 400g fresh pineapple, roughly chopped into chunks (about ½ medium pineapple)

1 Heat 1 tbsp oil in a wok. Add the eggs, swirling them up the sides, to make a thin omelette. Once cooked through, roll the omelette onto a chopping board and cut into ribbons.

2 Heat the remaining oil. Add the garlic, onions and five-spice. Stir-fry until sizzling, then add the rice (if using pouches, squeeze them first, to separate the grains), peas, sesame oil and soy. Cook over a high heat until the rice is hot, then stir through the pineapple and omelette ribbons.

GOOD TO KNOW healthy • vit c • 2 of 5-a-day
PER SERVING 301 kcals • fat 9g • saturates 2g •
 carbs 44g • sugars 13g • fibre 4g • protein 9g •
 salt 0.8g

gf

A family feast

These recipes are designed to be eaten as single meals, rather than together. However, if you want to make a feast, you can make and serve as many of them as you like. Stick to the original quantities and serve everyone a small amount of each.

'Good to know' information is based on the nutritional needs of an average, moderately active woman, but other family members will have different needs so adjust portion sizes accordingly.

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Just 5 ingredients

Swap traditional neeps and tatties on Burns Night (January 25) for these crispy haggis cakes. They make a light supper or brunch dish

recipe ESTHER CLARK photograph MELISSA REYNOLDS-JAMES

Haggis potato cakes

SERVES 4 **PREP** 15 mins plus chilling
COOK 25 mins **EASY** ✳ uncooked

700g floury potatoes, cut into 3cm chunks
300g haggis or vegetarian haggis
8 spring onions, finely sliced
150g panko breadcrumbs
1½ tbsp olive oil
4 large eggs

1 Boil the potatoes in a pan of salted water for 10-12 mins. Drain and leave to steam-dry, then mash until smooth. Season to taste.

2 Meanwhile, cook the haggis following pack instructions. Tip into a bowl and break into chunks with a fork, then fold through the mash with $\frac{3}{4}$ of the spring onions and leave to cool. Form into four potato cakes using your hands.

3 Put the breadcrumbs in a food processor and blitz until fine. Tip onto a plate, then coat the cakes in the crumbs. Chill for 15 mins.

4 Heat the oil in a large non-stick frying pan over a medium heat. Fry the potato cakes for 5-6 mins on both sides, or until golden.

5 Heat a large pan of water until just boiling. Crack one of the eggs into a small bowl. Swirl the water to create a whirlpool, then gently tip the egg into the centre of the pan. Cook for 2-3 mins until poached to your liking, then repeat with the remaining eggs.

6 Serve the cakes topped with the eggs and remaining spring onions.

GOOD TO KNOW iron

PER SERVING 610 kcal • fat 27g • saturates 8g • carbs 68g • sugars 3g • fibre 4g • protein 22g • salt 2.2g



health

Delicious recipes and top nutrition tips



healthy

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5 healthy ways

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healthy diet plan

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healthy

winter salads

Not just for the summer months, these wholesome and hearty salads will make the most of seasonal ingredients

recipes SOPHIE GODWIN *photographs* ROB STREETER

Harissa trout, beetroot & grapefruit salad with whipped feta



Grilled chicken & kale Caesar



Sesame parsnip & wild rice tabbouleh

Harissa trout, beetroot & grapefruit salad with whipped feta



SERVES 2 **PREP** 20 mins
COOK 45 mins **EASY**

300g raw beetroot, scrubbed, skin left on
30g feta
2 tbsp 0% fat natural yogurt
1 lemon, zested and juiced
2 tbsp quinoa (optional)
1 pink grapefruit
1 tbsp extra virgin olive oil
1 tbsp harissa
2 trout fillets
2 red chicory, separated into leaves
½ small pack dill, leaves picked

1 Bring a saucepan of water to the boil. Season the water, drop in the beetroot and cover the pan with a lid. Cook for 30-45 mins, depending on their size, until a cutlery knife can be easily inserted into them.

2 Meanwhile, heat oven to 200C/180C fan/gas 6. Put the feta in a bowl and mash with a fork, then beat in the yogurt and season with the lemon juice and zest to taste. In a dry frying pan, toast the quinoa, if using, until it pops. Set both aside.

3 Segment the grapefruit over a bowl to catch the juices, squeezing out as much as possible. Put the segments to one side, then whisk the olive oil with the juice. Season to taste with lemon juice, salt and pepper. You want it to be really tangy, as all the acidity will be absorbed by the beets.

4 Rub the harissa over the trout, season, then roast in the oven for 8-10 mins until just cooked.

5 Drain the beetroot. Once cool enough to handle, peel off the skin – it should come away easily. Cut into segments, then put onto a salad plate along with the chicory leaves. Pour the dressing over the warm beets and toss together. Nestle in the grapefruit segments, trout, harissa and dill, then add dollops of the feta and scatter over the toasted quinoa, if using.

GOOD TO KNOW healthy • low cal • calcium • folate • fibre • vit c • omega-3 • 3 of 5-a-day • gluten free
PER SERVING 473 kcals • fat 19g • saturates 5g • carbs 28g • sugars 22g • fibre 8g • protein 43g • salt 1.4g

Chargrilled chicken & kale Caesar



SERVES 4 **PREP** 20 mins
COOK 20 mins **EASY**

1 anchovy
1 garlic clove
1 tsp Dijon mustard
100ml buttermilk
1 lemon, zested and juiced
200g bag kale, large tough stalks removed
200g defrosted frozen peas
6 skinless and boneless chicken thighs
2 thick slices crusty bread
3 tbsp cold pressed rapeseed oil
400g Tenderstem broccoli, cut in half lengthways
30g parmesan

1 Mash the anchovy and garlic together using a pestle and mortar, then tip the mixture into a bowl and whisk in the mustard, buttermilk, lemon zest and juice, and season with black pepper. Put the kale and peas in a large bowl, pour over ¾ of the dressing, then massage into the kale so each leaf is coated.

2 Put the chicken thighs between two pieces of baking parchment, then bash out with a rolling pin to 1cm thickness.

3 Heat a griddle pan until searing hot. Brush the bread slices with a little oil, then griddle until lightly charred on all sides. Set aside.

4 Next, season the broccoli and brush the cut side of each piece with a little oil. Griddle, cut-side down, in batches for 3-4 mins until tender. Lastly, brush the remaining oil over the chicken thighs and season, then griddle the chicken for 3-4 mins on each side until cooked through.

5 Distribute the kale between four plates. Slice the chicken diagonally and break the bread into pieces. Top each of the plates with ¼ of the chicken, broccoli and croutons. Grate over the parmesan in large shavings and drizzle with the remaining dressing to serve.

GOOD TO KNOW healthy • low cal • calcium • folate • vit c • fibre • 3 of 5-a-day
PER SERVING 399 kcals • fat 20g • saturates 4g • carbs 21g • sugars 6g • fibre 7g • protein 31g • salt 0.7g

Sesame parsnip & wild rice tabbouleh



SERVES 3 **PREP** 10 mins
COOK 45 mins **EASY** **V**

500g (5 medium) parsnips, peeled and cut into thumb-sized pieces
2½ tbsp cold pressed rapeseed oil
1 tsp ground turmeric
2 tsp ground coriander
2 tbsp sesame seeds
130g wild rice
2 red onions, sliced
2 tbsp white wine vinegar
3 tbsp tahini
1 small pack mint, leaves roughly chopped
1 small pack coriander, roughly chopped
2 tbsp pomegranate seeds

1 Heat oven to 200C/180C fan/gas 6. Toss the parsnips in 1½ tbsp of the oil, the turmeric, coriander and some seasoning, then sprinkle over the sesame seeds so each piece is well coated. Roast in the oven for 30 mins until tender.

2 Meanwhile, cook the wild rice following pack instructions. Heat the remaining 1 tbsp oil in a separate pan, then add the sliced onion with 3 tbsp water. Cook for 10-15 mins, stirring occasionally until completely soft. Turn up the heat, add 1 tbsp of the vinegar and cook for a few mins until bright pink.

3 Whisk the tahini with the remaining vinegar and enough warm water to make a creamy, dressing. Season to taste.

4 Drain the wild rice, then mix through the onions and ¾ of the chopped herbs. Distribute between three plates, then top with the sesame parsnips, pomegranate seeds and the remaining herbs. Serve with the tahini dressing drizzled over.

GOOD TO KNOW vegan • healthy • calcium • folate • fibre • vit c • iron • 2 of 5-a-day • gluten free
PER SERVING 555 kcals • fat 24g • saturates 3g • carbs 61g • sugars 16g • fibre 16g • protein 15g • salt 0.1g



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flavour-packed dinners

Time to relax over a healthy evening meal – our recipes are satisfying and nutrient-dense. Try not to eat too late or you may disrupt restful sleep



Miso salmon with ginger noodles

Salmon is an oily fish that supplies omega-3 fatty acids, the beneficial kind that may help alleviate inflammatory conditions, reduce the risk of heart problems and keep skin healthy.

SERVES 2 **PREP 10 mins**
COOK 12 mins **EASY**



2 nests wholemeal noodles (100g)
1½ tsp brown miso
2 tsp balsamic vinegar
½ tsp smoked paprika
2 skinless wild salmon fillets (230g)
1 tbsp rapeseed oil
30g ginger, cut into matchsticks
1 green pepper, deseeded and cut into strips
2 leeks (165g), thinly sliced
3 large garlic cloves, finely grated
160g baby spinach

1 Put the noodles in a bowl, cover with boiling water and set aside to soften. Heat the grill to medium and place a piece of foil on the grill rack. Mix 1 tsp of the miso with the vinegar, paprika and 1 tbsp water. Spread over the salmon and grill for 6-8 mins until flaky and cooked.
2 Heat the oil in a wok and stir-fry the ginger, pepper and leeks over a high heat for a few mins until softened. Add the garlic and cook for 1 min more. Drain the noodles, reserve 2 tbsp water and mix with the remaining miso.
3 Add the drained noodles, miso liquid and spinach to the wok and toss over the heat until the spinach wilts. Pile onto plates, top with the salmon and any juices and serve.

GOOD TO KNOW healthy • folate • fibre • vit c • omega-3 • 3 of 5-a-day

PER SERVING 516 kcs • fat 19g • saturates 3g • carbs 45g • sugars 6g • fibre 8g • protein 36g • salt 0.8g



Cheesy seafood bake

*Comfort food at its healthiest!
This protein-rich dinner supplies
useful nutrients for post-exercise
recovery including iron, vitamin C
and calcium.*

SERVES 2 PREP 15 mins

COOK 25 mins EASY



300g medium potatoes (about 3),
thinly sliced
2 tbsp milk
40g mature cheddar, finely grated
1 tsp rapeseed oil
1 onion (160g), finely chopped
1 red pepper, deseeded and finely
diced (270g)
2 tsp balsamic vinegar
1 tsp vegetable bouillon powder
400g can chopped tomatoes
½ x 30g pack basil, leaves picked
and finely chopped
1 garlic clove, finely grated
280g pack skinless cod loins
100g frozen small Atlantic cooked
prawns, defrosted
160g broccoli florets

1 Boil the potato slices for 10 mins
then drain, tip into a bowl and
gently mix in the milk and half the
cheese. Don't worry if the potatoes
break up a little.

2 Meanwhile, heat the oil in a large
frying pan and cook the onion until
softened. Stir in the pepper and
cook for 5 mins more. Spoon in the
balsamic vinegar and bouillon
powder, then stir in the tomatoes,
basil and garlic. Lay the cod fillets
on top, then cover and cook for
6-8 mins until the cod flakes
when tested. Heat the grill to high.

3 Take off the heat, stir in the
prawns and tip into a shallow
baking dish, breaking up the cod
into large chunks. Cover with the
potatoes and sprinkle with the
remaining cheese. Grill until golden.
While it's grilling, steam or boil the
broccoli to serve with the bake.

GOOD TO KNOW healthy • low fat • calcium • folate •
fibre • vit c • iron • 4 of 5-a-day • gluten free

PER SERVING 511 kcal • fat 12g • saturates 5g •
carbs 46g • sugars 21g • fibre 12g • protein 49g •
salt 1.1g





Goan-style vegetable curry with kitchari

This coconut and tamarind-based curry is served with brown rice cooked with lentils. This makes enough for two meals.

SERVES 4 PREP 10 mins
COOK 40 mins EASY V



For the kitchari

225g brown basmati rice
1 tsp rapeseed oil
1 tsp ground coriander
390g can green lentils, drained

For the curry

1 tbsp rapeseed oil
2 large onions (330g), 1 finely chopped, 1 sliced
2 red chillies, deseeded and sliced
25g ginger, finely chopped
1 tsp each ground turmeric, smoked paprika and ground cumin

3 tsp ground coriander
3 garlic cloves, chopped
1 tbsp vegetable bouillon powder (check it's vegan if you need it to be), made up with 500ml boiling water
360g cauliflower florets (about 1/4 cauliflower)
1 1/2 tsp tamarind
320g fine beans, trimmed and halved if large
4 large tomatoes, cut into wedges
2 large courgettes (320g) halved lengthways and thickly sliced
100g coconut yogurt
1/2 x 30g pack fresh coriander, chopped, to serve

1 Boil the rice in a pan of water for 25 mins until tender, then drain.

2 Meanwhile, make the curry. Heat the oil in a large pan and fry the onions, chillies and ginger for 8-10 mins until softened. Add the spices and garlic, stir briefly, then pour in the bouillon and stir in the cauliflower. Cover and simmer for 5 mins.

3 Stir in the tamarind with the beans, tomatoes and courgettes, then cover the pan and cook for 10-15 mins more until the veg are tender, but still retain a little bite. Remove the lid for the last 5 mins to reduce the sauce a little. Remove from the heat and stir in the yogurt and half the fresh coriander.

4 Meanwhile, for the kitchari, heat the oil in a non-stick pan and add the ground coriander. Warm briefly, then tip in the rice and drained lentils. Warm through for 1 min, then stir through the remaining fresh coriander. Serve half the curry and rice now, then chill the rest to eat another night (cool the rice quickly on a wide tray, then chill immediately). Reheat the rice and curry in the microwave or on the hob. You may need to add a drop of water to the rice to stop it sticking.

GOOD TO KNOW vegan • healthy • low fat • folate • fibre • vit c • iron • 5 of 5-a-day • gluten free

PER SERVING 507 kcals • fat 12g • saturates 6g • carbs 73g • sugars 17g • fibre 14g • protein 18g • salt 0.4g

Minty griddled chicken & peach salad

This lovely summery salad supplies lean protein and is packed with beneficial vitamins including vitamin C and E. A great option for after an evening exercise class or gym session.

SERVES 2 PREP 10 mins

COOK 15 mins EASY



- 1 lime, zested and juiced
- 1 tbsp rapeseed oil
- 2 tbsp mint, finely chopped, plus a few leaves to serve
- 1 garlic clove, finely grated
- 2 skinless chicken breast fillets (300g)
- 160g fine beans, trimmed and halved
- 2 peaches (200g), each cut into 8 thick wedges
- 1 red onion, cut into wedges
- 1 large Little Gem lettuce (165g), roughly shredded
- ½ x 60g pack rocket
- 1 small avocado, stoned and sliced
- 240g cooked new potatoes

1 Mix the lime zest and juice, oil and mint, then put half in a bowl with the garlic. Thickly slice the chicken at a slight angle, add to the garlicky bowl and toss with plenty of black pepper.

2 Cook the beans for 3–4 mins until just tender. Meanwhile, griddle the chicken and onion for a few mins each side until cooked and tender. Transfer to a plate, then quickly griddle the peaches. If you don't have a griddle pan, use a non-stick frying pan with a drop of oil.

3 Toss the warm beans and onion in the remaining mint mixture and pile onto a platter or into individual shallow bowls with the lettuce and rocket. Top with the avocado, peaches and chicken and scatter over the mint. Serve with the potatoes while still warm.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • 5 of 5-a-day • gluten free

PER SERVING 512 kcs • fat 18g • saturates 3g • carbs 36g • sugars 17g • fibre 13g • protein 44g • salt 0.2g





Spanish pork with beans

Choose very lean pork shoulder steaks when shopping to keep the saturated fats down in this supper. This meal is eaten over two evenings so, although you have a little work one night chopping the veg, you have an easy meal the second day. Supplying a good source of protein, this is an ideal dish for a post-gym supper.

SERVES 4 PREP 20 mins

COOK 40 mins EASY ✨ 📖



3 garlic cloves, 1 crushed, 2 sliced
2 tbsp rapeseed oil
4 tsp smoked paprika
4 lean pork shoulder steaks (525g), trimmed of any fat
2 large onions (340g), halved and sliced
325g carrots (about 6), diced
2 tbsp sherry vinegar

2 red peppers, deseeded and chopped
1 tbsp vegetable bouillon powder, made up to 500ml with boiling water
3 rosemary sprigs, leaves picked and finely chopped
200g whole cherry tomatoes
2 tbsp tomato purée
2 x 400g cans butter beans, drained
1/3 x 30g pack parsley, chopped
squeeze of lemon (optional)

1 Mix the crushed garlic, 1 tbsp of the oil and 1 tsp smoked paprika together in a shallow dish and turn the pork steaks over in the mix to coat them on both sides. Heat a large non-stick frying pan and fry the pork for about 4 mins on each side to part-cook and brown them, then remove them from the pan.

2 Add the rest of the oil to the pan and fry the onions, carrots and sliced garlic, stirring frequently for 10 mins until the veg start to caramelise a little. Pour in the sherry vinegar, allowing it to sizzle

in the heat, then add the peppers, bouillon, rosemary, any juices left in the dish from the pork, the cherry tomatoes, tomato purée, remaining 3 tsp paprika and beans.

3 Lay the pork steaks on top, then cover the pan and cook for 20 mins until the pork and vegetables are tender. The pork will be cooked and juicy, but not fall apart. Remove the pork from the pan, stir in the parsley and a squeeze of lemon juice, if using. Eat two portions of the pork and beans now and chill the rest for another day (*will keep for up to two days*). To serve the second night, just reheat in a pan.

GOOD TO KNOW healthy • low fat • low cal • folate • fibre • vit c • iron • 5 of 5-a-day • gluten free

PER SERVING 454 kcal • fat 14g • saturates 3g • carbs 35g • sugars 18g • fibre 17g • protein 39g • salt 1.5g

5 healthy ways

pasta

Discover new, nutritious ways to use this storecupboard staple

Healthy pasta primavera

SERVES 4 PREP 10 mins COOK 20 mins EASY V

Put a steamer or colander over a pan of boiling salted water and steam **75g young broad beans**, **200g asparagus tips** and **170g peas** until just tender. Set aside. Cook **350g spaghetti** or **tagliatelle** following pack instructions. Fry **175g sliced baby leeks** in **1 tbsp olive oil** and **1 tbsp butter** for 5 mins, or until soft. Add **200ml fromage frais** or **crème fraîche**, stirring so it doesn't split. Add a **handful of chopped herbs** (we used mint, parsley and chives), the veg and a splash of the pasta water. Drain the pasta and stir into the sauce. Season, then top with **grated parmesan** or a **vegetarian alternative** and some olive oil.

GOOD TO KNOW healthy • low fat • low cal • folate • fibre • 2 of 5-a-day

PER SERVING 476 kcal • fat 9g • saturates 3g • carbs 74g • sugars 6g • fibre 9g • protein 20g • salt 0.1g

Roasted ratatouille pasta

SERVES 2 PREP 15 mins COOK 30 mins EASY V

Heat the oven to 200C/180C fan/gas 6. Put **1 chopped aubergine**, **1 chopped courgette** and **1 sliced red onion**, **2 sliced garlic cloves** and **1 tbsp olive oil** in a roasting tin. Roast for 20 mins, add **200g cherry tomatoes** and roast for 10 mins more. Season. Cook **175g penne** following pack instructions. Drain, reserving 4 tbsp water. Toss with the water, veg and a **handful of torn basil**. Drizzle with olive oil and top with **grated parmesan** or a **vegetarian alternative**.

GOOD TO KNOW healthy • low fat • fibre • 5 of 5-a-day

PER SERVING 450 kcal • fat 9g • saturates 1g • carbs 83g • sugars 16g • fibre 9g • protein 15g • salt 0.1g

Scandi beetroot & salmon pasta salad

SERVES 1 PREP 10 mins COOK 15 mins EASY

Cook **50g wholemeal fusilli** following pack instructions. Drain. Toss with **1 cooked beetroot** and **1/2 avocado**, both chopped into cubes, **2 sliced baby cucumbers**, **2 tbsp chopped dill**, **1 tbsp fat-free Greek yogurt**, **1 tbsp water** and **1 tsp creamed horseradish**. Flake in **50g poached salmon**, then fold through the salad with **30g rocket**. Season to taste.

GOOD TO KNOW healthy • low cal • calcium • folate • fibre • omega-3 • 3 of 5-a-day

PER SERVING 453 kcal • fat 18g • saturates 3g • carbs 43g • sugars 13g • fibre 11g • protein 24g • salt 1g



Creamy chicken, squash & pecan pasta

SERVES 4 PREP 15 mins COOK 30 mins EASY

Bring **1 litre chicken stock** to a simmer. Add **1/2 butternut squash**, peeled and chopped into small chunks, and **2 chicken breasts**. Cover and simmer for 15 mins, or until both are cooked (if the chicken is cooked before the squash, remove and set aside). Scoop the squash out with a slotted spoon. Bring the stock back to the boil and cook **400g pasta**, stirring often, until most of the stock has been absorbed. Shred the chicken. Return the squash to the pan with **50g soft cheese**, **75g chopped pecans**, a **small bunch of parsley**, chopped, and **25g grated parmesan**. Simmer for 1-2 mins more, then add the chicken. Season.

GOOD TO KNOW healthy • fibre • 1 of 5-a-day

PER SERVING 672 kcal • fat 21g • saturates 5g • carbs 80g • sugars 7g • fibre 9g • protein 36g • salt 1g

Tuna pasta with rocket & parsley pesto

SERVES 4 PREP 10 mins COOK 15 mins EASY

Cook **400g fusilli** in a pan of boiling salted water following pack instructions. Add **140g green beans** and **200g halved cherry tomatoes** for the final 3 mins. Drain, reserving a mugful of the water. Blitz a **large bunch of parsley**, roughly chopped, **50g rocket**, **3 tbsp oil** from a **185g can tuna in sunflower oil**, and the **zest and juice of 1 lemon** in a food processor with enough of the reserved water to loosen. Toss with the tuna, plus a drained **185g can tuna in spring water**. Toss the tuna mixture with the cooked pasta, **2 tbsp soured cream** and another 50g rocket, then season to taste.

GOOD TO KNOW healthy • low cal • vit c • 1 of 5-a-day

PER SERVING 494 kcal • fat 16g • saturates 2g • carbs 56g • sugars 4g • fibre 2g • protein 31g • salt 1g



healthy diet plan

family favourite

Try this pasta bake for a nutritious midweek dinner – it's sure to be a hit with everyone

recipe SARA BUENFELD photograph MIKE ENGLISH

Healthy chicken pasta bake

SERVES 4 **PREP** 10 mins
COOK 50 mins **EASY**

HEALTHY

3 OF
5-A-DAYLOW
FAT

300g wholemeal penne
2 tsp olive oil
2 peppers (we used 1 yellow and 1 orange), deseeded and chopped
1 large courgette (160g), coarsely grated
3 large garlic cloves, finely grated
500g carton passata
1 tbsp smoked paprika
1½ tsp vegetable bouillon powder

1 tsp chilli powder (optional)
25g Kalamata olives (about 8), sliced
400g chicken breasts (2 large), cut into pieces
large handful of basil, chopped, plus extra to serve
100g ricotta
20g finely grated mature cheddar

1 Cook the pasta following pack instructions. Heat the oven to 180C/160C fan/gas 4.
2 Meanwhile, heat the oil in a large pan over a medium heat and fry the peppers for 8 mins, stirring until they start to soften. Add the courgette and garlic, stir for a few minutes more, then tip in the passata and stir in the smoked

paprika, bouillon, chilli, if using, and olives. Simmer for 3-4 mins.

3 Drain the pasta, reserving the pasta water. Tip the pasta into the passata mixture along with the chicken, half a mug of the pasta water and the basil. Stir together well, then tip into baking dish.

4 Mix the ricotta in a bowl with 5 tbsp of the pasta water and spread across the top of the pasta. Sprinkle over the cheddar, then bake for 35 mins. Scatter with a few extra basil leaves, if you like, and serve.

GOOD TO KNOW healthy • low fat • low cal • fibre • vit c • 3 of 5-a-day
PER SERVING 480 kals • fat 13g • saturates 5g • carbs 51g • sugars 11g • fibre 11g • protein 35g • salt 1.3g

GOURMET LIFESTYLE

3 QUICK TRIPS
ARTY CITY
BREAKS, p78



Competitions, p83

3 quick trips

Arty city breaks

For a holiday that will stimulate the mind and your appetite, this year, we've chosen three cities offering fine arts, food and music in equal measure





Learn about
Lyonnaise food at
Cité Internationale
de la Gastronomie



Delicious tasting
plates at Cité

Explore the
cobbled
streets
of Lyon

Lyon

Long considered a gastronomic hotspot thanks to legendary chef Paul Bocuse, its atmospheric 'bouchon' bistros and Michelin stars, this elegant city at the edge of the Alps is now home to a bold new culinary destination, [Cité Internationale de la Gastronomie](http://citegastronomielyon.fr) (citegastronomielyon.fr). This is a state-of-the-art cultural centre that celebrates all things food. Inside, you'll find dozens of exciting, interactive exhibits and a tasting kitchen, all of which employ inventive ways to tell the story of Lyon, French gastronomy and food culture around the world.

Set on the banks of the Rhône, close to where it converges with the Saône just south of central Lyon, the Cité is set in a wing of the Grand Hôtel-Dieu, a former hospital. Once the gateway to the city, it's a palatial edifice that features cloisters, courtyards and bell towers, and is home to restaurants, shops, a food hall and a 144-room hotel. The heritage of the hospital, closed since 2010, is celebrated in many of the exhibits dedicated to the link between food and health. Indeed, in the museum's central atrium where your visit starts, the altar from the former hospital chapel sits under a giant pharmacist's spoon sculpture that hangs from the soaring dome.

The galleries span out from here, each representing a different element of food culture. The children's Miam! Miam! gastro playroom includes bold, colourful, interactive exhibits, such as a cartoon cow on a giant milk carton that teaches kids about dairy products. In the Bon Appetit gallery, you can learn more about Lyon's culinary history, including how chef Paul Bocuse introduced the world to classic French cuisine – you can even stand over the stove he cooked on for 25 years, a big red-and-gold range. Other charming, tactile exhibits show how the Michelin guide was born and teach about the generations of female cooks – the mères de Lyon (or 'mothers of Lyon') – that put the city on the culinary map. The chance to sate your appetite comes on the top floor, where a team of chefs create tasting plates based around an ingredient or regional cuisine. While the city is home to around 4,000 restaurants, Lyon's



The must-try
lobster roll
from Lobs



Grab a coffee
and a pastry at
Food Traboule



“
Vieux
Lyon's
cobble
streets
feel a bit
like Diagon
Alley
”

latest dining concept is the [Food Traboule](http://foodtraboule.com) (foodtraboule.com) – a food hall set in a historic space in Vieux Lyon, where the cobble streets feel a bit like Harry Potter's Diagon Alley. 'Traboules' are a hidden network of corridors and passageways that weave between the streets of the old town, and were created for the silk industry in the 18th century to protect the fabrics from the elements. Founded by chefs Tabata and Ludovic Mey, the Food Traboule opened in January of this year and sees the city's top chefs offer sample menus from their successful restaurants. Try the ultimate in gourmet fast food with a lobster roll at [Lobs](https://facebook.com/lobslion) (facebook.com/lobslion), classic Lyonnaise quenelles – a kind of fish dumpling – with lobster sauce at [La Meunière](http://lameuniere.fr) (lameuniere.fr), or a Neapolitan pizza at [Chez Ludo](http://chezludo.com). Its creators' passion for food makes it more than an upmarket food hall – and what could better sum up the new generation of chefs working in France's culinary capital? *Carolyn Boyd*

How to do it

The InterContinental Hôtel-Dieu has doubles from AED1,230 a night. ihg.com



Dundee's V&A museum opened in 2018



Inside the V&A

Dundee

The recent regeneration of the coastal city of Dundee has given this buzzy Scottish destination added cultural clout. It's by the shimmering river Tay that you'll find the newest branch of the [V&A](http://vam.ac.uk/dundee) (vam.ac.uk/dundee), an architecturally striking design museum that opened in 2018. Visit for permanent displays of works by Scottish designers – the heart of the galleries – along with rotating exhibitions, plus scones and coffee served in the ground floor café; if you're lucky, you'll be able to nab a seat by the window overlooking the river.

Stay at the boutique [Hotel Indigo Dundee](http://hotelindigo.com) (hotelindigo.com), located on the edge of the city centre in a sensitively renovated former jute mill. The décor includes exposed brick walls and industrial details, and it's unpretentious accommodation is informal yet smart, with warm service and lovely local touches – you'll find copies of *The Beano* in rooms (the comic was started in the city), and a mini bar filled with local hops and snacks, like Tunnock's teacakes. Breakfast choices include a fry-up featuring Lorne sausage, the traditional Scottish square sausage, plus a riff on eggs benedict using Arbroath 'smokies' – beautiful smoked haddock produced just up the coast.

Hit the city centre for more culture: [Dundee Contemporary Arts](http://dca.org.uk) (dca.org.uk) has two vibrant galleries, cinemas screening accessibly arty movies, and a café with outdoor seating. Head to one of Dundee's many bars and pubs serving local brews. At the [Innis & Gunn Brewery Taproom](http://innisandgunn.com) (innisandgunn.com) enjoy fresh hops and games of shuffleboard, or try [Duke's Corner](http://dukescorner.co.uk) (dukescorner.co.uk) for an impressive choice of keg drinks from Scottish breweries, including Fyne Ales and Tempest. Grab a bite from its snacky menu – we recommend the rich poutine fries and sticky Sichuan chicken wings.

For an off-kilter take on a brewing tour, head to [71 Brewing](http://71brewing.com) (71brewing.com). Choose from hops like passion fruit sour and apricot pale ale – before taking a walking tour for a jocular lesson on the making process. If a pie-and-a-drink is your bag, head around the corner for a post-tour trip to [Clark's Bakery](http://clarksbakery.co.uk) (clarksbakery.co.uk). This local



Daisy Tasker's beautiful beetroot salad



Hotel Indigo Dundee's house restaurant, Daisy Tasker

“Breakfast includes Lorne sausage and eggs benedict with Arbroath 'smokies'”



A visit to Clark's Bakery is a must for the Scotch pies



institution offers a dizzying selection of bakes, including warm Scotch pies.

Back at Hotel Indigo, house restaurant [Daisy Tasker](http://daisytasker.com), named after the 14-year-old weaver who once organised the social events in the jute mill, serves pub-style favourites like burgers and fish & chips, but go for the local dishes. Start with oysters on the half shell, followed by juicy scallops. For the main course, enjoy haggis in chicken Balmoral, a rolled chicken breast wrapped in bacon. And a trip to the city wouldn't be complete without sampling Dundee marmalade – Daisy Tasker's sticky toffee pudding is unctuously spiked with the zesty preserve. *Natalie Hardwick*

How to do it

Hotel Indigo Dundee has doubles from AED290 a night.



Beautiful presentation at O boufés

Vienna

With grand baroque palaces, a collection of the world's most revered art galleries and concert halls on practically every corner, it's clear to see why Vienna is often touted as Europe's capital of culture.

As the home of Mozart and Schubert, Vienna is inseparable from classical music, and the city remains one of the best places in the world to see operas and classical performances, with thousands of events happening each year. This reaches something of a peak in 2020, with many performances celebrating the 250th anniversary of Beethoven's birth (musik2020.wien.info).

Although famous venues such as the Musikverein and Konzerthaus are the standout options for large orchestral shows, it's at the city's concert cafés where two of Vienna's best traditions collide: music and coffee houses. Vienna's coffeehouse culture has been part of daily life here since the 19th century, offering a social meeting place with a hearty dose of coffee and cake. Many of the best, such as the nearly 160-year-old [Café Schwarzenberg](http://cafe-schwarzenberg.at) (cafe-schwarzenberg.at) and the elegant [Café Sperl](http://cafesperl.at) (cafesperl.at) also offer regular live music in more relaxed surrounds than the grand opera houses.

Food and culture come together at Vienna's best galleries. Top of most visitors' agendas is the [Kunsthistorisches Museum](http://khm.at) (khm.at), a stunningly ornate building dedicated to fine arts in the heart of the MuseumsQuartier. Along with its formidable collection of renaissance artworks by the likes of Bruegel and Titian, the museum café is well worth a visit, too. Set in a glorious octagonal room, the menu features comforting Viennese classics such as schnitzel and apple strudel.

Located in an old Habsburg royal residence, [The Albertina](http://albertina.at) (albertina.at) is another of Vienna's cultural gems, with a collection of modern artworks by French impressionists as well as the city's native son, Gustav Klimt. There's also the smart [Do & Co](http://do-co.com) restaurant, which has chocolate-coloured leather booths and patterned ceilings worthy of royalty. The menu features sachertorte from [The Demel](http://demel.com) (demel.com), a baking landmark since the 1700s.

Vienna has a nascent and exciting dining scene centred around natural and biodynamic wines, of which there are several excellent producers in Austria. Newly opened [Bar Krawall](http://krawall.at) (krawall.at) offers an



Kunsthistorisches Museum



Try the six-course set menu at Mast wine bar



Enjoy a coffee under the city's ornate 19th century colonnades

“The city remains one of the best places to see operas”

excellent introduction to Austrian grape varieties beyond the classic grüner, such as the red blaufränkisch.

Sleek bar [Mast](http://mast.wine) (mast.wine) wouldn't look out of place in London or Paris with its whitewashed walls and modern furniture. The food is some of the best in the city, with creative dishes such as sprouts with lardo & fried shallots, and black pudding dumplings with cabbage, as part of a six-course set menu. Then, there's [O boufés](http://konstantinfilippou.com) (konstantinfilippou.com), the relaxed sibling to Konstantin Filippou's eponymous two-Michelin-starred restaurant next door. Here, natural grapes from Austrian producers are served alongside inventive dishes such as ox tartare with egg, dashi, hazelnut & cauliflower.

Set within the MuseumsQuartier, the 25hours Hotel is a perfect base for sightseeing. There's bold design throughout – huge murals and neon lights – plus a rooftop bar, and breakfast buffet stocked with Austrian cheese and charcuterie. *Joel Porter*

How to do it

25hours has doubles from AED445 a night.

25hours-hotels.com

Assistance for this feature was provided by the Intercontinental Hotel Dieu in Lyon; 25 Hours Hotel in Vienna; and Hotel Indigo Dundee.



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COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs



RAISE THE STEAKS FRIDAY BRUNCH FOR TWO AT WORLD CUT STEAKHOUSE, HABTOOR PALACE DUBAI, WORTH OVER AED700

In a destination where brunch buffets are the quintessential food and beverage experience, the Friday Brunch at World Cut has quickly become a favourite in town. Diners can indulge in delectable starters, complemented by creative concoctions; followed by the finest seafood from the RAW bar, World Cut's most premium and succulent meats and decadent desserts for the grand finale. Round off your experience with a carefully curated grape collection, while listening to soulful Jazz tunes. A lucky winner will stand a chance to win a Raise The Steaks Friday Brunch for two.



SEAFOOD NIGHT FOR TWO AT LES CUISINES, SOFITEL DUBAI DOWNTOWN, WORTH OVER AED500

Sofitel Dubai Downtown invites diners to "live the French way" and indulge in luxury dining experiences. The popular French hotel's family-friendly restaurant Les Cuisines, has launched a sumptuous Seafood Night. The brunch-style Thursday evening feast features an international buffet spread, a live seafood grill station, a cold seafood bar, a sushi station, and a live dessert station. One lucky winner will receive a voucher for two to tuck into meaty mussels, a lush Thermidor lobster bisque and more.



OAK ROOM BRUNCH WITH SOFT BEVERAGES FOR FOUR AT OAK ROOM, THE ABU DHABI EDITION, WORTH AED980

At Oak Room, diners will experience premium ingredients with a British rock 'n roll flair and discover the finest beef in the world. Enjoy a Friday Oak Room Brunch that begins with signature Oak Room Sourdough with Marmite butter and shared starters, alongside Loch Fyne Oysters and Beef tartare; before choosing your favourite from mains including USDA prime tenderloin, Phoenix Wagyu rump and Fish and chips. Desserts include Eton Mess and Sticky Toffee pudding, alongside recently enhanced interactive mixology.



VOUCHER FROM MALAK AL TAWOUK, WORTH AED500

Start your morning right with Malak Al Tawouk's revamped breakfast menu featuring scrumptious new dishes. Available at the brand's branches in Dubai and Sharjah for dine-in or delivery, early risers can look forward to dishes such as Labneh, Halloumi, as well as Turkey and cheese sandwiches served with condiments. Heartier options include Platters with labneh, halloumi, eggs and sujuk, eggs and cheese or eggs with cheese and turkey, alongside bread and vegetables. One lucky winner will receive a voucher from Malak Al Tawouk.



DINING VOUCHER FROM DHABA LANE, WORTH AED500

Dhaba Lane came into being in 2017 with a refreshingly modern take on Dhaba style delights, in a casual Dhaba (roadside restaurants in India) ambience. The menu pays loving homage to the Indian Dhabs that are part of the fabric of the country. Sited in Karama and Garhoud, this one-stop destination for Desi cuisine offers fresh and urban delicacies from across Punjab and Delhi to Kolkata. One lucky person will win a voucher to dine at Dhaba Lane.



VOUCHER FROM YOKO SIZZLERS, WORTH AED500

Since 1986, Yoko Sizzlers has specialised in quality sizzlers with a generous portion enough to satiate the heaviest of appetites. Take your pick from over 60 sizzler options featuring steaks, lamb, chicken, seafood and veggies. For those who prefer a lighter bite, the long-standing institution has a range of soups, salads, mini-meals and sandwiches; while the sweet section is teeming with tempting treats. Patronised by film stars, sports icons and food connoisseurs, Yoko Sizzlers is now offering one lucky winner a chance to win a dining voucher.



To be in with a chance of winning these prizes, visit our competitions page on bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.



Life
is
sweet

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Wear pink and get 1 complimentary cocktail.
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hours between 19:00 to 23:00

AED 129 for ladies
AED 199 for the gents

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Bottomless drinks, Free flowing PINK bites
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Drinks & a Bite: AED 129 ladies, AED 199 gents
Food & Drinks: 229 AED ladies, 299 AED gents

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